

October 2020

### **Flu Season is around the corner**

Now, more than ever, staying up to date with your flu vaccine may be the best ticket for staying healthy. Check your plan ahead of time to know your cost share. Most health plans cover preventive care.

[Discounted/Free Flu Shots](#)  
[Vaccine Finder](#)  
[CDC Flu Guidelines](#)

### **Word of the day...**

Who doesn't need some positivity these days and for that matter doesn't have a smile on one's face after hearing a baby's [irrepressible](#) laughter. Could be the best medicine yet!

*Irrepressible:* Unable to be controlled or restrained; lively, confident and impossible to control.



### **Thought of the Day...**

When "i" is replaced with "we", even "illness" becomes "wellness".

*Author unknown*

We hear of so many wonderful stories of [people going the extra mile](#) to help others. Especially now more than ever the "we" approach might be what the doctor has ordered. 🍎



### **What's going on at 804 Tech?**

Open enrollment is in full swing. For those of you currently enrolled on our Standard Health Plan, new rates become effective 11/1/2020. If you haven't already received an email, contact our HR department OR log into Paylocity to view the "Open Enrollment Event".

Remember you also qualify for Principal Dental, Vision and Life coverage. Open enrollment for these plans is set for November, so look for future communication from us.

We are pleased to share that our "Standard Health Plan" will include a new "Teladoc" feature free to active enrollees on this plan. This feature gives you 24 X 7 access to in-network health professionals. Have [questions on health coverage](#)? Give our HR department a call or send us an email. 

Contact our HR Department with questions. 636.928.0330/hr@804technology.com

["Tis The Season"](#) of non-stop political ads. If you haven't already done so, you can turn off these ads if your needing bit of sanity back in your life. Although streaming services don't currently offer this same ability, check out how [most match up](#) on ability to sensor.

Now more than ever, ensuring your private information is protected is critical. See how you can protect yourself from [stalkerware](#).

Amazon  lovers. Even though "prime day" is over, you can still catch a few deals. Check out some of the [hottest tech gadgets](#) out there. Other cool tech trends include [Spotify's playlist feature](#) for music lovers OR maybe your eyes need some screen-time help. See how [Microsoft dark mode option](#) offers some eye tension relief.



Summer may be winding down, but you still have time to [master your grill techniques](#) or maybe get one last road trip to a campground. Plus it is also a good excuse to enjoy those fall temps.

For those camping lovers, check out these [great camping gadgets](#) that are sure to make your camping experience enjoyable.

Who doesn't love [corn on the cob](#) with bar-b-que? Check out some [side dishes](#) that are sure to be crowd pleasers! Don't forget the final touches! Whether it's a good rub OR [the perfect sauce](#), these tips are sure to compliment any dish.

And last, but not least; you mustn't forget your drink. With the surge of alcohol consumption during the COVID crisis, see which drinks are [most popular across the nation](#).