**FLEX PLAN REMINDER**

If you were enrolled in the flexible spending account last year and wish to participate again this year, or if you are wishing to enroll for the first time, **you must complete a new TASC enrollment form.** This is the only benefit in which you must re-enroll on an annual basis. Deductions don’t start until July 10th and cover medical, vision, prescription and dental expenses incurred from July 1st, 2020 to June 30, 2021 for you, your spouse and dependent children, regardless of whether you cover them on health or dental insurance. The annual limit for 2020 is $2750.

If you have not been an employee for a year, this benefit is not yet available to you. You have to wait until you’ve been employed for a year before you may enroll.

The cards we receive are pre-loaded with your annual contribution amount that may be used beginning July 1st. You **do have to submit copies of receipts** for some expenses, so you need to be aware of that and keep on top of those as they occur. There are instructions on ways to submit receipts in the last pages of the newsletter. We should not have to submit receipts for office visits because the system is set up to recognize our office visit and pharmacy co-pays.

The deadline for returning the TASC flex enrollment forms to me is June 12th, so if you wish to participate, you need to do so by then.

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**A book never written:** “Fatherly Advice” by Buck L. Upson.
RETIREMENT STATEMENTS

Retirement statements are now available at www.MyNCRetirement.com for anyone who had 12 months of service as of December 31, 2019. Click on ORBIT which is kind of middle of the page in a blue box. If you have never logged in before, you will need to create a user name and password. If you have previously logged in, you will use the same user name and password you established when you created your account. There is a forgot your password and forgot your user name link at the left of the page if you have forgotten your information. You can see your years of service, your account balance, get retirement estimates using different scenarios and see your 401k account if you contribute to 401k, as well as look at and/or change your beneficiary information. Check it out.

Dear Dad,
School is great. I’m making lots of friends and studying hard. I simply can’t think of anything I need, so just send me a card, as I would love to hear from you.
Love, Your Son

Dear Son, I know astronomy, economics and oceanography are enough to keep even an honor student busy. Do not forget that the pursuit of knowledge is a noble task, and you can never study enough.
Love, Dad

________________________
Kelly: I made a bad mistake today and gave my dad some soap flakes instead of corn flakes for breakfast.
Helen: Was he mad?
Kelly: Yup. He was foaming at the mouth!

________________________
Timmy’s Dad” Let me see your report card.
Timmy” I don’t have it.
Timmy’s Dad: Why not?
Timmy: My friend just borrowed it. He wants to scare his parents.

________________________
Teacher (on phone): You say Stevie has a cold and can’t come to school today? To whom am I speaking?
Voice on phone: This is my father.
Use Aflac SmartClaim® to take advantage of One Day Pay℠.

1 REGISTER OR LOG IN:
- Go to aflac.com/myaflac or download the Aflac SmartClaim Mobile app from the App Store or Google Play Store.

2 ENROLL IN CLAIMS DIRECT DEPOSIT:
- Direct Deposit allows you to take full advantage of the speed of One Day Pay™.
- Click Direct Deposit and follow the instructions for registration.
- Please allow one business day for Direct Deposit enrollment to take effect.

3 FILE YOUR CLAIM WITH AFLAC SMARTCLAIM
- Access Aflac SmartClaim from MyAflac or the Aflac SmartClaim Mobile app.
- Aflac SmartClaim guides you every step of the way.
- Upload required documents.
- Submit your claim before 3 p.m. ET, Monday-Friday.

INFORMATION YOU MAY NEED TO FILE YOUR CLAIM
- Policy number
- Patient’s name and date of birth
- Diagnosis
- Description of service
- Date(s) of service
- Name and address of service provider

TRACK THE STATUS OF YOUR CLAIM:
View your message center on the Aflac SmartClaim Mobile app or in MyAflac for updates on your Aflac SmartClaim submission.

For additional information, go to aflac.com/myresources.

*One Day Pay℠ is available for certain individual claims submitted online through the Aflac SmartClaim® process. Claims may be eligible for One Day Pay processing if submitted online through Aflac SmartClaim, including all required documentation, by 3 p.m. ET. Documentation requirements vary by type of claim; please review requirements for your claim. Aflac SmartClaim is available for claims on most individual Accident, Cancer, Hospital, Specified Health, and Intensive Care policies. Processing time is based on business days after all required documentation needed to render a decision is received and no further validation and/or research is required. Individual Company Statistic, 2019.

Coverage is underwritten by American Family Life Assurance Company of Columbus. In New York, coverage is underwritten by American Family Life Assurance Company of New York, 1300 Wyckoff Road | Columbus, GA 31906.

Z180358
Big 3/19
MOBILE EXPERIENCE

Track and manage all TASC benefits and access helpful tools, anywhere and anytime—with just one app!

The TASC mobile app includes special features that make it easy to keep TASC accounts safe and secure. We’ve made it even faster and easier to manage benefits on the go.

**TASC Card Lock.** Misplace a TASC Card? No worries. With a swipe of a finger, participants can lock access until they’ve located the card, then swipe it back on when found.

**Fingerprint (Touch ID) and Facial Recognition.** These capabilities protect participants’ account information without the hassle of remembering another password.

**Picture to Pay.** Take a picture of an eligible benefit expense then submit it via the TASC mobile app. There are no forms to fill out and no need to sign in to a website. Just click and submit and we’ll take care of the rest.

**Expense Eligibility Check.** Not sure an item is eligible for reimbursement? Find out in seconds on the app. It’s the quickest way to make sure benefits are being spent correctly.

**Mobile Alerts.** Participants are notified when we’ve received a request and when it’s been paid, making it easy to stay on top of account activity and available funds.

**Seamless Account Management.** Our website, mobile app, and customer care call center make it easy for participants to manage their account and get the support they need, anytime and anywhere! Plus, account information is connected across all platforms, which means participants don’t have to re-enter data or restart a process between devices.

**TASC Wallet.** These user-friendly features make benefits management simple and fast:

- **ATM Locator:** Finds the nearest ATM to withdraw cash from MyCash account via TASC Card.
- **Card Management:** Stores image of TASC Card; lets participants lock a card, report lost/stolen cards, or request more cards.
- **Card Holder:** Stores digital images of other important cards (insurance cards, rewards cards – even a gym membership card).
- **Receipt Repository:** Keeps benefits-related receipts in one convenient place.

The TASC mobile app. Just one more way we’re making benefits smart, easy, and connected.

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*Standard message and data rates may apply.*
WEB EXPERIENCE

Make benefits feel like benefits again with TASC Universal Benefit Account™ — one-stop, online access to all enrolled accounts.

TASCs web and mobile tools ensure easy access, account management, and benefit fund security for our customers.

**TASC Card Lock.** All participants receive a TASC Card to access their benefit funds. If a card is lost or stolen, TASC Card Lock lets them disable a card in seconds from the TASC website or mobile app — and unlock it once it’s found.

**Pay the Provider.** Instead of paying out of pocket and waiting to be reimbursed, participants can use their TASC Card to pay for eligible expenses, or they can use our convenient web payment feature. Simply scan or take a picture of the provider bill and upload it. TASC will then pay the bill directly from the appropriate benefit account.

**Email Alerts.** Participants are notified when requests are received and paid, making it easy to stay on top of account activity and available funds.

**Seamless Account Management.** Our website, mobile app, and customer care call center make it easy for participants to manage their account and get the support they need, anytime and anywhere! Plus, account information is connected across all platforms, which means participants don’t have to re-enter data or restart a process between devices.

**Access to Individual Giving Accounts.** TASC believes in giving back to the community and that’s why every participant receives a complimentary giving account. They can designate a regular payroll deduction or do one-time transfers from their bank or MyCash account and select favorite charities to allocate donations to — all via the TASC website or mobile app. And with no fees to use the giving account, 100% of donations go to designated causes.

**TASC Wallet.** These user-friendly features make benefits management simple and fast:
- **ATM Locator.** Finds the nearest ATM to withdraw cash from MyCash account via TASC Card.
- **Card Management.** Stores image of TASC Card; lets participants lock a card, report lost/stolen cards, or request more cards.
- **Card Holder.** Stores digital images of other important cards (insurance cards, rewards cards – even a gym membership card).
- **Receipt Repository.** Keeps benefits-related receipts in one convenient place.

The TASC web. Just one more way we’re making benefits smart, easy, and connected.
Hope is the thing with feathers that perches in the soul and sings the tunes without the words and never stops at all.

— Emily Dickinson

Know how to listen, and you will profit even from those who talk badly.

— Unknown

Three Life Rules
1. If you don't go after what you want, you'll never have it.
2. If you don't ask, the answer will always be no.
3. If you don't step forward, you will always be in the same place.

— Unknown

"Those who say it can not be done, should not interrupt those doing it."

— Chinese Proverb

A new day.
New thoughts.
New strength.
New possibilities.

The meaning of life is to find your gift. The purpose of life is to give it away.

— Pablo Picasso

Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you.

— Bethany Hamilton

You may not be there yet, but you're closer than you were yesterday.

— Napoleon Hill