

JANUARY 2026 HR COMMUNICATIONS



This Month's Essentials

Welcome to 2026

January offers a fresh start and a chance to refocus. Here are a few simple ways to set yourself up for a successful year ahead.

Understand Your Benefits



Remember to plan for the new year! Schedule your dental, vision, and annual physical appointments in January. Know where to go for care - prepare now so you will be ready when you need it.

Find Confidential Support



Dealing with anxiety or stress? Need help finding child or elder care? Want to start a savings plan? Your Employee Assistance Program (EAP) can help with these and more! Remember, you have six free counseling visits per year!

Call 855-365-4754
TDD: 800-697-0353
guidanceresources.com
Web ID: ONEAMERICA6

Check Your Paycheck



Now is the time to make sure your 2026 benefit elections match your confirmation statement. Log in to PeopleSoft to double-check your information.



Monthly Highlight

New Benefits Website

We have a new My Benefits Web Portal for 2026, cityofplano.mybenefitport.com.

Please bookmark this site & scan the QR Code in the "Understand Your Benefits" section of this flyer.



Benefit Spotlight

Depending on the medical network you enrolled in for 2026, you can find a doctor in your network online at one of the following links:

- For Aetna members: aetna.com/asa
- For Healthcare Highways members: providersearch.healthcarehighways.com
(choose HCH Sync-TX network)



Upcoming Events

Dinosaurs Live!

Heard Natural Science Museum & Wildlife Sanctuary
Scan the QR Code for dates and times



2026 MLK Parade

January 19, 10 am
Douglass Community
11099-901 12th Place, Plano



Simple, sustainable habits like regular exercise, mindful practices, and prioritizing sleep can significantly improve mental well-being. These habits can reduce stress, improve mood, and enhance overall cognitive function.