



Virtual
Benefits
Expo



Total Rewards
Café Login



Benefits
eGuide

Get Started 

Benefits 

Helpful Tools 

COVID-19 Resources

Learn What's New for 2021

For 2021, you'll have the same great benefit options and an improved online enrollment experience. Plus, we're enhancing your mental health and security benefits in the coming year.

Check out the Benefits Brochure sent to your home. Pick which version applies to you:

- Associates currently enrolled in a Sysco-sponsored national medical plan
- Associates not currently enrolled but eligible for a Sysco-sponsored national medical plan in 2021

- **Enhanced Enrollment Process** – The online enrollment system is now even easier to navigate. You'll follow a simple guided process that highlights key plans and helps you estimate your costs and choose which medical plan may be right for you and your family.
- **Mental Health Program Improvements** – We're streamlining our mental health benefit programs and Employee Assistance Program (EAP), so you'll have one provider—Spring Health—to help you access all mental health programs available to you. Spring Health is our current partner for virtual mental health counseling services and offers an extensive network of doctors and therapists. We are also moving ongoing clinical services under BlueCross BlueShield, rather than having them separately managed by Optum.
- **ID Theft Protection Plan Enhancements** – The ID Watchdog Identity Theft Protection Plan now offers you increased coverage, including greater protection and control, more protection for your loved ones and fully-managed identity restoration.
- **New ID Cards** – If you are currently enrolled in a Sysco national medical plan through BCBS and you enroll in one for 2021 too, you'll receive a new ID card.

2021 Medical Rate Increase

The cost of healthcare continues to rise in the U.S., impacting Sysco at a company level and as individual participants. We provide tools, resources, education and Health Pros to help you make the most of your benefits and manage your healthcare costs each year. In 2021, Sysco's medical premiums are increasing by an average of 5.5% across all plans. Rates for each plan will be available in the enrollment system beginning October 21.

2021 Mental Health Program and EAP Improvements

Beginning January 1, 2021, Sysco is making improvements to our mental health benefit programs! We're streamlining our mental health benefit programs and Employee Assistance Program (EAP), so you'll have one provider—Spring Health—to help you access all mental health programs available to you.

When you enroll in a Sysco-sponsored national medical plan through BCBS, you automatically receive mental health benefits. In 2021, you'll have access to even more great resources and services through Spring Health like tips on managing stress, easy online booking for therapy sessions and access to a quick online assessment that matches you with a therapist that fits your individual needs. Spring Health offers you an extensive network of the best doctors and therapists.

You and your family members will also have access to a dedicated Spring Health Care Navigator – a licensed mental health professional – who can help you in your journey. You'll have easy access to everything from mental wellness assessments and coaching to virtual or in-person therapy and work-life services resources like financial services, legal assistance and childcare services.

All associates will have access to the Employee Assistance Program through Spring Health, at no cost to you, to help you and your family cope when life gets challenging.

Look for more information coming January 1, 2021!

Note: Those currently receiving care from an Optum in-network provider can continue seeing their provider in 2021 with in-network benefits under BCBS for a six-month transition period.

Explore Your Benefits at the Virtual Benefits Expo!

Explore the virtual Benefits Expo to see the full array of benefits that Sysco offers you. The new virtual Benefits Expo is interactive and easy to explore! Explore the warehouse aisles to learn about your benefits – you'll find descriptions and videos. After you're done in the warehouse, step into the Benefits Break Room to build a custom benefits overview tailored to your interests!

Once you've explored all of your benefit options, log in to the Total Rewards Café **October 21-November 11** and enroll! Need help deciding? Connect with your [Health Pro](#) or if you aren't currently enrolled in Sysco-sponsored national medical plan through BCBS, you can call the [Sysco Benefits Center](#) for help!

Get Started

Benefits

[Health](#)

[Mind](#)

[Security](#)

Virtual Benefits

virtual benefits Expo



Total Rewards Café Login



Benefits eGuide

Eligibility

For New Hires

FAQs

How to Enroll

Helpful Tools



Sysco Benefits Center

800-55-SYSCO

Monday – Friday, 7 a.m. – 7 p.m. CT

What's New for 2021

Medical
Health Savings Account (HSA)

Health Management Programs

Specialty Health Resources

Health Care FSA

Dependent Day Care FSA

Limited Use FSA

Prescription Drugs

Telehealth

Dental

Vision

Mental Health/Substance Use Disorder

Telemental Health Service

Employee Assistance Program (EAP) - Work Life Resources

Parent Support Resources

Discounts & Extras

Perks at Work

401(k)

Employee Stock Purchase Plan

Life and AD&D

Disability

Leave of Absence

Hospital Indemnity

Critical Illness

Legal Insurance

Identity Theft Protection Plan

College Savings

Auto & Home Insurance

Search

Sitemap

Provider Contact

Give Website Feedback

Legal

Privacy

©2019-2020 Sysco Corporation