



# THOUGHTS

Newsletter Issue No. 30

September 2018

## Using your Health Care Coverage Wisely

All companies must confront the rising cost in healthcare. Last year, I asked for your support in using your benefits wisely - to help us control costs by picking the right venue for care. For example, it is more cost effective to use a primary care physician or urgent care (those facilities within the scope of service needed) for routine matters instead of a hospital emergency room. Because of your support and response, I am happy to report that we have a glimmer of good news in our ability to provide excellent health care coverage. We've been able to reduce the cost for all family plans and only acquire a very modest increase for individual subscribers. The key to these costs is how TekSynap employees use their "Benny Card" HRA.



Our approach has been to control premium cost by using what the industry calls a "high-deductible" plan. Once a novel idea, it is now the industry norm. Health insurers put the burden of nearly all non-catastrophic events directly in the hands of the individual. Until the high deductible is met (in the many thousands), 100% of payments are made by the individual. The government sanctioned special tax-deferred Health Savings Accounts funded by the individual to encourage saving for health crisis' that would require significant immediate outlay by the individual. TekSynap has chosen and will continue to fund a company paid benefit card ("Benny Card") to meet the high deductible of our plan (\$5,000 for individuals, \$10,000 for all family plans). Effectively we are providing "self-insurance" (up to the deductible amount) for every covered employee. The benefit to our employees, is that outside of the premium co-pay there are no out-of-pocket costs as long as services are rendered in-network. Effectively, we were betting that TekSynap employees would make wise decisions and help us hold down these costs.

Thanks to your effective use of healthcare, our cost came in consistent with our expectations. We've increased our coverage and have offered a higher allowance on your HRA "Benny Card".

Dave Gauldfeldt

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## Kudos

Kudos to [Jean Naquin](#) who has received a few recognition emails from our customer users this year. Great job and fantastic customer service!

**WELL  
DONE**

Congratulations to [Karina McAndrew](#) for her outstanding customer support.

Hats off to [Cindy Shawd](#) who received a congratulatory CIO Coin from the DLA J6/CIO for her work!

[Chris Vontomaszewski](#) has been recognized for his performance and team support!

Thanks for all your hard work!

*If you have someone you would like to thank or recognize, email your message to the [news@teksynap.com](mailto:news@teksynap.com).*

## Q2 Management Review Meeting

Please review the Quarter 2, April-June 2018, [Quality Metrics](#) that were assessed in July 2018.

Employees Improve Metrics By:

- Submitting timesheets daily by 5pm EST.
- Adhering to performance review and policy notifications.
- Sharing program/personal feedback to [ISO@teksynap.com](mailto:ISO@teksynap.com).
- Uploading educational and technical certifications to the ADP Portal.

You are reminded of all the above responsibilities through your TekSynap email. Please regularly check your TekSynap email online or by downloading the Outlook app.



## SAVE THE DATE Holiday Party

Don't forget to mark your calendar for the 2018 Holiday Party at the new International Spy Museum (pictured below) on **Saturday, December 8, 2018 from 7:00 - 11:00 pm.**

The new Spy Museum location is in the heart of L'Enfant Plaza in downtown DC. The space provides sweeping views of DC and the Potomac River.

We'll be celebrating this year incognito and look forward to everyone who can attend! More information to come.

[Explore LifeMart](#), our newest Employee Discount site!

## Explore LifeMart - our newest benefit!

LifeMart is a members-only discount shopping website that provides tons of discounts to different brand-name products, services and local retailers. The discounts offered can help manage tons of everyday needs. Categories include but are most certainly not limited to: Travel, Electronics, Tickets, Family Care, Wellness, Home & Auto, Financial and Legal, Apparel, Flowers & Gifts, and Restaurants & Dining.

# LifeMart®

LifeMart is available to TekSynap employees through Anthem or ADP. Please note, certain discounts may vary between the sites, so be sure to check both!

To access LifeMart through [Anthem](#), login and from the homepage, click "Discounts". Scroll to the bottom and click "LifeMart". To access LifeMart through [ADP](#), login and from the homepage, click "Myself", "Benefits" and "Employee Discounts".

Take some time to explore the site and the deals offered - it may be well worth it!



## Leaf Savings Student Loan Repayment Benefit

TekSynap has partnered with Leaf Savings to introduce the Student Loan Repayment Plan! TekSynap is offering up to a \$1,000 match to help employees pay off their student loans.



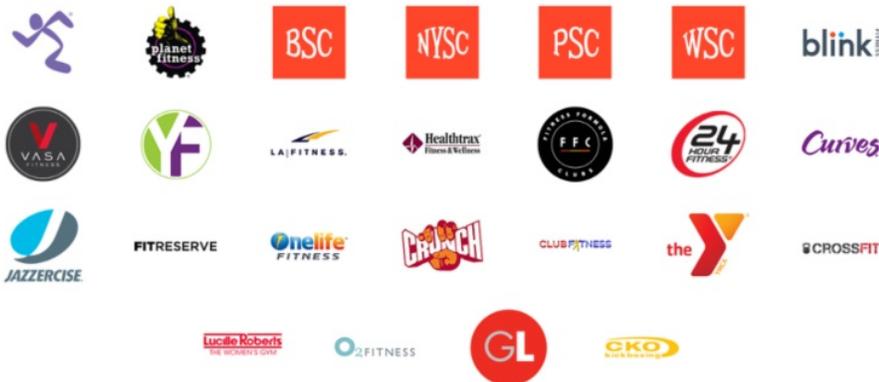
If you signed up for the plan during Open Enrollment, you will receive an email with enrollment information soon.

If you're interested in the plan, please email [Ruben.Hormostay@teksynap.com](mailto:Ruben.Hormostay@teksynap.com) for more information.

## Fall into Fitness.. with new Gym discounts!

Summer is almost over, but your fitness routine doesn't need to take a back seat with cooler weather upon us. Lucky for TekSynap Employees, we now have access to GymNetwork 360 (through Anthem), which features special offers from thousands of nationwide chains and local fitness centers. Below are those currently participating! Login to your account to shop the gyms in your location by searching your zipcode. If you have any questions, employees can call GymNetwork 360 directly at 855-394-6161.

To navigate to these deals, login to [Anthem](#) and from the homepage click, "Discounts". Scroll to the bottom of the page and click, "LifeMart". Once logged into LifeMart, choose the gym that most interests you.



## Security Update Adverse Information

Adverse information is information that negatively reflects on the integrity or character of a cleared employee. It is your responsibility to submit adverse information if you believe an employee's ability to safeguard classified information may be impaired or his/her access to classified information may not be in the best interest of national security.



If you observe a change in or suspicion in the following categories, contact your FSO immediately at [Kaitlyn.Eber@teksynap.com](mailto:Kaitlyn.Eber@teksynap.com).

- Allegiance to the United States
- Foreign influence
- Foreign preference
- Sexual behavior
- Personal conduct
- Financial considerations
- Alcohol consumption
- Drug involvement
- Emotional, mental, personality disorders
- Criminal conduct
- Security violations
- Misuse of information technology systems

## Columbus Luncheon & Happy Hour

Last week, Kam, along with the DLA Jets Management Team (Sheila Andahazy, Tom Murphy, Alex Peake and De James) met with our customers in Columbus and Dayton, Ohio.

While they were visiting, the team got together with our TekSynap employees onsite for a special Employee Appreciation Lunch and Happy Hour.

A special shout-out to Cindy Shawd who (pictured to the right) was recognized for her significant contributions to DLA, J6. Cindy



## Lunches with Executive Leadership

At TekSynap, our Executive Leadership team tries to stay in touch with our employees as much as possible. This month, Kam and Sheila took the

was hand selected by the DLA Senior Management team to win a CIO Coin. She accepted the award in front of more than 300 other DLA employees at their Town Hall Meeting last month. Cindy was the only contractor among all the recipients at this event - the rest were Government workers. She was even directly congratulated by Kathy Cutler, the DLA Chief Information Officer (CIO). Congratulations, Cindy and job well done!

Thank you to all our DLA Jets employees for your hard work and dedication to the contract! We enjoyed meeting with you all this month.



De James and Cindy Shaw



Tom Murphy and Alex Peake



Happy Hour Group

possible. This month, Kam and Shenka took the NDU group out to lunch at Hank's Oyster Bar, which is a new restaurant that opened up on the recently remodeled Wharf in downtown DC. The Wharf is near the DC Waterfront and one mile from NDU. The team also took this opportunity to provide an update on the current protest in order at NDU.



(From left to right) Fred Taylor, Corey Howell, Darrin Snyder and Chris Fleming

## DTRA Win Party

We officially marked our newest contract, DTRA, with a Win Party at 2941 Restaurant in Falls Church, VA. We celebrated the hard work taken to make this possible and thanked the partners who helped us along the way. We are looking forward to supporting the mission of DTRA in the coming years.

Don't forget, this win will provide new career growth opportunities for all TekSynap employees, so please check our [website](#) if you are interested.

Also, 2941 Restaurant was kind enough to offer our employees a [coupon](#) to both 2941 and their sister restaurant, Pizzeria Orso. Take a night out and enjoy! Both expire on 9/30/18.



## Emmy Challenge Winner

Congratulations to **Aaron Alberstein** who won our Emmy Challenge Contest this month! Aaron predicted the most winners of the night.

Enjoy your \$50 Amazon gift card, Aaron!



### DLA Jets

IT Support Specialist - Multiple Locations  
VTC Lead - Ft. Belvoir, VA  
Cybersecurity Engineer - Columbus, OH

### Kirtland AFB

Tier 1 IT Support - Albuquerque, NM

### DTRA

Svstems Engineer - Ft. Belvoir, VA

## Employee Anniversaries

### 1 Year

Karina McAndrew  
John Shuff  
Samuel Fisher  
Christopher Grant

## Welcome New Employees!

Michael McRae, DLA JETS  
Cole Withers, VA WiFi  
Jonathan Sarty, VA WiFi  
Brendan Wiles, VA WiFi  
Matt Dzoba, VA WiFi  
Daron Populist, NOLA VAMC  
Robert Riley, DLA JETS  
Morgan Williams, NDU  
Adam Toucheque, Schriever  
K'Andrea Ormeno, 58 SOW



Systems Administrator - Ft. Walton, FL  
Systems Administrator - Reston, VA  
System Administrator Stf - Albuquerque, NM  
System Administrator Stf - Herndon, VA  
Senior Systems Administrator - Ft. Belvoir, VA  
Information Assurance Engineer - Ft. Belvoir, VA  
Information Assurance Engineer Stf - Ft. Belvoir, VA  
F5 Network Engineer - Ft. Belvoir, VA  
Cyber Intel Analyst Sr - Ft. Belvoir, VA  
Cyber Intel Analyst Sr - Albuquerque, NM

**Please email your referral resumes to:**

[careers@teksynap.com](mailto:careers@teksynap.com)  
or visit [TekSynap Careers](#)

## We want to hear from you!

Send us your news – babies, weddings, pets, trips and vacations, graduations, kudos to coworkers...

Send all submissions to the [Newsletter team](#).



# LinkedIn

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