



Group Benefits Designers, Inc.

Health ~ Dental ~ Vision ~ Life ~ Disability ~ Voluntary

No Shadows here!

Did you hear? Phil didn't see his shadow! That means no more winter, though the jokes on the groundhog, we haven't really had winter this year. Still, we are excited for spring and hope you are too! ~ Your GBD Team

New Years Resolution anyone?

Not only have we begun a new year, it's a new decade! It's a great time for goal setting, both personally and professionally. Companies can also use this time to set new goals for the year and the new decade. Getting in shape, being more active or eating healthier are always popular resolutions. You may wonder, "how can I support my employees in these areas?"

Bring on the Sun!

With the arrival of Spring, you may be itching to get outside! There are plenty of fun day trips you can take in the DMV to get reacquainted with the outdoors! Here are a few of our favorites!

5. Hiking in Great Falls, VA
4. Visiting a local winery with friends
3. The Botanical Gardens in Richmond, VA
2. Kings Dominion for the thrill seekers
1. Spending an afternoon in Occoquan, VA where we are located. If you've never been here, you are missing out! There are many delicious restaurants and fun shops. Stop by and say hello!

There are many ways you can support healthy behaviors with your employee benefits; from gym memberships to healthy food options in the office, interoffice fitness challenges to ergonomic workstations. We are here to help and happy to share information on the options we know about and happy to search for new options that meet your needs!

Customizing your Benefits Package!

There are many worksite/voluntary benefit options that you can offer which make your benefits package customizable by each individual employee. If you've been thinking about expanding your benefits package with worksite/voluntary options, let us know and we can connect you with our trusted partners who will help you find the best options and fit for your employees!

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