

Interactive Video Demos

To learn why interactive videos are better than other benefit communications and how they work, see [How to Make an Interactive Video](#). Then view different styles and topics using the following links.

What Is an Interactive Video?

Interactive videos are posted on a secure, external server for employees and spouses to access from any computer, tablet or smartphone. Viewers can download pdfs or link to websites while viewing the video. The video can also be posted on a portal.

Brainshark Videos

What's New and What to Do during Open Enrollment	Narrator describes changes to benefits and what actions to take during Open Enrollment.
Which Plan Is Right for Me?	Narrator compares the similarities and differences between a CDH Plan and a PPO Plan.
Benefits to Supplement Your Medical Coverage	Narrator describes how voluntary benefits can supplement medical benefits to diminish the financial risk of a high-cost medical condition.
Be Aware, Be Active, Be Well	Narrator explains how the Be Well Wellness Program works.
Saving Money with Flexible Spending Accounts	Two animated coworkers, Crystal and Dan, discuss how to save money with FSAs.
Consumerism	Crystal explores her top five Smart Patient tips.
HIPAA Privacy and You Tutorial	In this compliance training for HR staff and others who access employees' personal health information, a narrator explains HIPAA Privacy Rule requirements.
Absence Management and FMLA Training for HR Staff and Operations Managers	This training program is customized to your disability and FMLA leave program. Helps HR and Managers understand the process and comply with FMLA and ADA regulations.
Changes to Compensation and Incentive Programs	A narrator explains changes to compensation and incentive programs to help align managers to new compensation rewards.