

Every Part Contains Within Itself the Whole.

epconnect.org/benefits



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Presented by: Carolee Richendollar - Executive Director - BRI

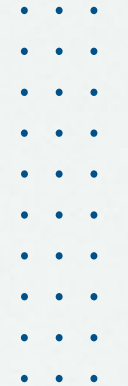


Benefits?



The Wellness Wheel

UNDERSTANDING WELLNESS





Physical Wellness

TAKING CARE OF YOUR BODY



BeneCard^{PBF}
Prescription Benefit Facilitator

NVA[®]
National Vision Administrators, L.L.C.

DELTA DENTAL[®]



Sun Life



98point6[®]



Meritain Health[®]
an **aetna** company



Physical Wellness

OUR CARE PROGRAMS



- Health Navigator
- Heart & Kidney Care 360
- Pain Management (Hinge Health)



- Nurse Health Coaching
- Maternity Management
- Case Management
- Healthcare Bluebook
- Pre-Admission & Post Discharge Counseling



- Virtual Primary Care

COMING in 2026



Physical Wellness

OUR CARE PROGRAMS



ciba health

Cardiometabolic Program

- Type 2 Diabetes/Prediabetes
- Hypertension (High Blood Pressure)
- Hyperlipidemia (High Cholesterol)
- Metabolic Syndrome /Obesity
- Insulin Resistance

GLP-1 Step-Down Program

Digestive Health Program

- GERD
- Irritable Bowel Syndrome
- Gallbladder Disease
- Diverticulitis
- Peptic Ulcer Disease
- Crohn's Disease
- Ulcerative Colitis
- Malabsorption

Autoimmune Program

- Rheumatoid Arthritis (RA)|
- Lupus (SLE)
- Multiple Sclerosis
- Hashimoto's Thyroiditis
- Graves' Disease |
- Psoriasis and Psoriatic Arthritis
- Celiac Disease



Financial Wellness

TAKING CARE OF YOUR FUTURE



- Curated tools and resources tailored to your goals
- Webinars
- Access to personalized financial plans
- A financial wellness checkup
- Free personal financial advice



Emotional Wellness

TAKING CARE OF YOUR MIND

Meritain Health[®]
an  **aetna** company





Emotional Wellness

OUR MENTAL HEALTH PROGRAMS

Meritain Health[®]
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Depression, anxiety or mental well-being concerns

Ages	Provider	Contact	Availability
0 up to age 18	Brightline	https://www.hellobrightline.com/meritain	NY, NJ, CT, MA, WA
5 and up	Alma Health	https://helloalma.com/meritain	Nationwide
5 and up	Rula	https://www.rula.com/meritain	Nationwide
5 and up	Telemetrynd	1.866.991.2103 or https://Telemetrynd.com/meritain	Nationwide
13 and up	Talkspace	https://www.talkspace.com/Meritain	Nationwide
18 and up	Meru Health	https://www.meruhealth.com/sign-up/meritain/	Nationwide
18 and up	Brightside Health	www.brightside.com/meritainhealth/	Nationwide
18 and up	CVS [®] MinuteClinic [®]	1.855.417.2486 or https://CVS.com/mentalhealth	CVS [®] MinuteClinic [®] in select markets



Social, Occupational , and Environmental Wellness

YOUR FAMILY, YOUR CHURCH, YOUR COMMUNITY





Spiritual Wellness

BENEFITS THAT SHARE YOUR VALUES



BENEFITS
RESOURCES, INC.



Stronger Together

Acts 2:32

“The multitude of believers was one in heart and soul. No one claimed that any of his possessions was his own, but they shared everything they owned.”

1 Corinthians 1:10

“I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.”

Ecclesiastes 4:9-10

“Two are better than one, because they have a good return for their labor; either of them falls down, one can help the other up.”



OUR KNOWLEDGEABLE & PROFESSIONAL TEAM



Lissette Taveras,
Benefits Accounts
Analyst



Carolee Richendollar,
Executive Director of
Benefits

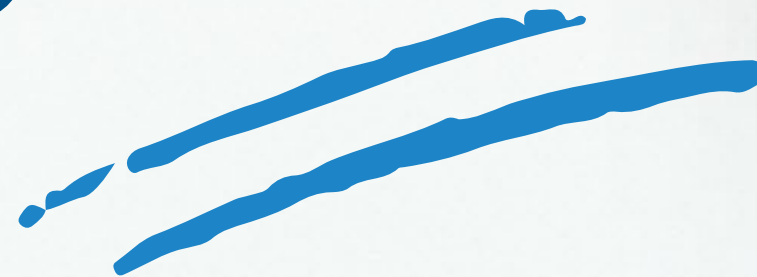


Etoile Lukinich,
Senior Benefits
Administrator



Bill Labonia,
Benefits Communications
Associate

Big Thanks



Visit our website
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