

MEDICAL PLANS

MEMBER CARE PROGRAMS & RESOURCES



OUR ADVANTAGES:



Nurse Health Coaching



Healthcare Bluebook



Health Navigator



Pre-Admission & Post
Discharge Counseling



Virtual Primary Care
by 98point6



Pain Management



Maternity Management



Other Programs



EPC benefits are more than just coverage; they're an extension of your calling. Our plans are designed with **stewardship**, care, and compassion at the core. Our programs and care partners support you as you care for your family and serve your church, offering coverage that understands the unique needs of the **Body of Christ**.

Whether you're hoping to cut healthcare costs, managing a long-term condition, preparing for a procedure, or growing your family, we're here to walk alongside you.

Our member care programs are built to support your health and financial wellbeing every step of the way at **no cost to you**.



Virtual Primary Care 98point6

Feeling flu symptoms, stomach problems, rash, itchy throat, muscle sprain, need a refill of an essential medication? Start a virtual primary care visit anytime, anywhere with on-demand access to a Board-Certified Physician using your mobile device. This benefit is available **24/7/365** to you or any covered family member over 1 year-old at **no cost** for medical plan participants. Start by **downloading the 98Point6 App** and registering so you can be **“visit ready”**. Then you will have immediate access when a need arises. Download the app at **www.98point6.com**.



Nurse Health Coaching

The **Nurse Health Coaching** service offers confidential, one-on-one support at **no cost** to help manage chronic conditions like:

- Diabetes
- High blood pressure
- High cholesterol
- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Kidney Disease (CKD)
- Chronic pain
- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)

You'll work with a registered nurse to set health goals, recognize warning signs, follow your doctor's plan, and access helpful resources. **Bonus:** When you join you will earn a **\$25 reward** every quarter you stay engaged.



Healthcare Bluebook

Your **EPC Medical Benefit** includes **Healthcare Bluebook**, a free tool that helps you find top-rated doctors and hospitals, compare prices, and make informed choices. Facility and procedure charges can vary by up to 500%, but by choosing **“GREEN providers”** for eligible procedures, you can **save on co-pays** and earn cash rewards from **\$35 to \$1,500**. Access Bluebook through **www.meritain.com** or call **1.800.341.0504** for help.



Health Navigator

If you have questions on routine care, are exploring treatment plans and options - for anything from a sports injury to a cancer diagnosis - have questions about medical procedures and surgeries or simply are looking for a second opinion on a diagnosis, **Health Navigator** Care Advisors offer **one-on-one support at no cost** to help you manage your health. Once you start working with a Care Advisor, regarding any health concern or condition, you'll always talk to the same person, maintaining a relationship with someone who knows you.

Visit **www.sunlife.com/healthnav**, or call **888-352-4969**. Monday through Friday 8:00 a.m.-6:00 p.m. (ET).



Maternity Management

Are you, or any of your dependents expecting or planning to start a family? Take advantage of personalized one-on-one support for a healthy pregnancy and newborn through our program. You'll have regular consultations with a **maternity nurse specialist** who will offer educational information and guidance to reduce risks for you and your baby. Whether it's your first pregnancy or not. **Bonus:** Join the program to earn a **\$50 reward** and receive an additional **\$100** upon completion! **Call Meritain Health at 1-800-641-3224** to get started.



Pain Management

One out of every two adults in the United States are affected by chronic pain. This is why **EPC Benefits Resources Inc.** is partnering with **Hinge Health** to offer **virtual physical therapy at no additional cost to you.** If you suffer from:

- Arthritis
- Joint & Muscle pain
- Back pain
- Tendinitis
- Hip or knee pain
- Recovery from surgery

This benefit is yours to access immediately. There are **no co-pays** or surprise costs. If you are struggling with chronic pain, Hinge Health can help you get relief. On average, participants reduce their pain by 68%.

Your benefits may include:

- **A personalized conditioning program** you can do at home or on the go.
- **Consultations with a licensed physical therapist** to target and relieve your pain.

Visit **hinge.health/sunlifehealth360** to join. or call **855-902-2777**



Case Management Services

When unexpected illness or injury occurs in your life, the last thing you want to think about is having to navigate through the healthcare system. That's why the **EPC Benefits Resources Inc.** plan offers Case Management Services through **Meritain Health**, a **no-cost** and confidential program that helps you and your family through a difficult experience. **Just call 1-800-925-2272 or visit www.meritain.com to join.**

Case Management Services provides you with:

- Personalized support for you and your family when serious injury or illness occurs.
- Understanding your health benefits, home care needs, treatment options and possible lifestyle changes.
- Communication facilitation between you and your doctor or hospital.
- Potential savings and discounts through your benefits.



Pre-Admission & post Discharge Counseling

The **Pre-Admission and Post-Discharge Counseling Program**, in partnership with **Meritain Health**, helps reduce unnecessary hospital stays, lowers costs, and improves recovery. Case managers support you before elective surgeries to ensure you're prepared and follow up after discharge to check your progress and avoid a costly re-admission. The program also offers opioid education, promoting safe and effective pain management.



Other Programs

Medical Precertification

When you are undergoing surgical procedures, precertification is an important step that helps control costs and ensure care is medically necessary, so you get the right treatment. Your provider will often handle this process, but as an active participant in your own health care, it's best to **call the precertification number on the back of your ID card, 1-800-925-2272**, to confirm your service is covered under your EPC medical plan with Meritain Health.

High-Cost Drug Management

Medications that need to be administered in a clinical setting are often very costly resulting in very high co-pays for you. This program works behind the scenes with your doctor in determining the best place of administration and source for purchase for your medications to ensure that you have the best quality of care and the **lowest possible out-of-pocket expenses**.

Prescription Drug Benefit

Each **EPC benefits Resources Inc.** medical plan includes prescription drug coverage through **Benecard PBF**. You can obtain acute care and 90-day maintenance medications at local pharmacies or via home delivery. For specialized medications, Benecard provides personalized support to enhance treatment and reduce or eliminate co-pays for members. For questions, contact Benecard at **1-888-907-0070**.

Heart and Kidney Care

Sun Life Clinical 360+ features comprehensive programs to care for those suffering with serious kidney or heart conditions using data-driven approaches, provided at **no cost** to members. **Kidney Care 360** focuses on identifying and managing risks related to chronic kidney disease, offering tailored interventions to improve patient outcomes. **Heart Care 360** similarly addresses cardiovascular health, providing guidance and resources to help members effectively manage their heart conditions. If you qualify for this program, you may be contacted by a representative.

WE CARE ABOUT YOU

EPC Benefits Resources Inc. wants to help you and your family on your health and wellness journey and we hope you will take advantage of the programs and resources we have made available to you.

You can call the EPC Benefits Resources Inc. office at **1-407-930-4492**, email us at **benefits@epc.org** or visit our website at **www.epconnect.org/benefits**