

EPC Medical Plan

MEMBER CARE PROGRAMS & RESOURCES

The EPC Health Benefits program is dedicated to serving and supporting the health and financial wellbeing of its medical plan participants. To support this goal, we offer a number of Health Care Resources and Programs at \$0 cost to our plan participants.

Whether you are looking to reduce your healthcare expenses, dealing with a chronic condition, searching for a good doctor or hospital for a procedure, planning to expand your family, or looking to get fit there is something for you!

CHECK OUT
OUR
PROGRAMS!



MY ACTIVE HEALTH

Provides you with your very own Health and Wellness online platform designed to inspire, motivate, and introduce healthy lifestyle actions to your daily life. Members have 24/7 access to:



- Health Assessments Tools
- Health Trackers & Connection to Mobile Devices
- Group and Individual Challenges
- Library of Health & Wellness Webinars, Videos, Recipes & Health Tips
- Preventative Care & Age-Appropriate Screenings Guidance

Start exploring all your Health and Wellness tools by logging on to your Meritain Health portal at www.meritain.com and go to *Tools and Resources* ► *My Wellness*.

SEE FLYER

MEMBER CARE & WELLNESS PROGRAMS

- ✓ My Active Health
- ✓ Nurse Health Coaching
- ✓ Livongo Whole Person Solutions
- ✓ Healthcare Bluebook
- ✓ Maternity Management
- ✓ Virtual Primary Care

NURSE HEALTH COACHING

Are you wrestling with managing a chronic condition? Trying to improve your general health? If you are coping with common chronic conditions such as persistent pain; heart, lung or kidney disease; or asthma then know you are not alone in your journey. With your EPC medical benefits, you have free access to a Nurse Health Coach!

The trained “Coaching for Activation” nurse will help you develop a plan by setting personal goals, providing you with educational materials, and the motivation and encouragement you need to better manage your condition.

So, if you want to better understand your condition, identify warning signs, or move toward healthier cholesterol, blood sugar levels, or blood pressure, you don't have to go it alone. It's time to reach out to a Nurse Health Coach by calling 1.888.610.0089.



SEE FLYER

WATCH VIDEO

LIVONGO WHOLE PERSON SOLUTIONS

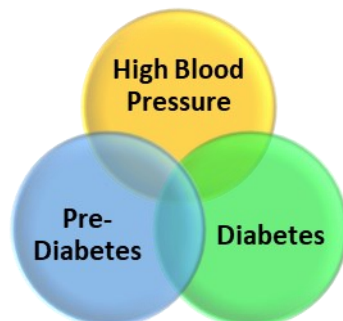
This nationally recognized health management program provides a personalized and effective approach to managing health challenges related to diabetes, prediabetes, and hypertension.

Whether you are living with one or more of those conditions or related complications such as weight management or behavioral health you will receive a unified one-stop experience that adapts to your needs as you move through your health journey.

If you qualify for this program you'll receive one-on-one expert health coaching with personalized insights and tips; and depending on your conditions access to supplies, connected meters, monitors and scales. This places at your disposal the tools you need for managing your health conditions and reaching your goals.

The Livongo program has a proven record of member satisfaction with measurable and sustainable results. Wait no longer, to learn more call 1.800.945.4355 or go to be.livongo.com/MERITAINWP/new, if registering use code: MERITAINWP.

SEE FLYER



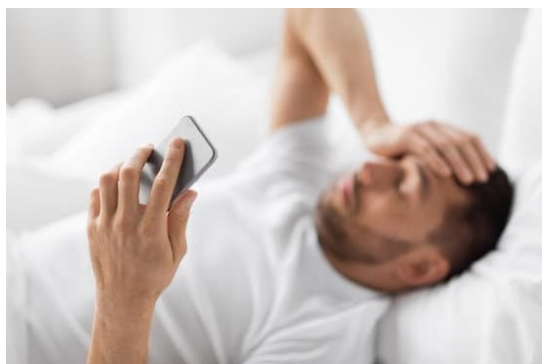
VIRTUAL PRIMARY CARE

Feeling sick or have a health concern?

Start a virtual primary care physician visit, on-demand, 24/7 from any location via text messaging using your smart phone or mobile device. The benefit is available to you and your covered dependents age 1 or older under any of our five EPC medical plans through 98point6.

All you need to do is download the app, register and you will have immediate access to a primary care physician. Learn more or download the app by visiting www.98point6.com/

SEE FLYER



Did you know that the EPC medical benefit provides you with a tool to see quality rankings on doctors and hospitals in your area? About to undergo a medical procedure?

With Healthcare Bluebook you can find out which hospital in your area ranks highest for performance and positive outcomes for your specific procedure. Also see quality rankings for over 200,000 doctors!

Another great feature of Bluebook is when you are scheduling a test or a procedure and select a "GREEN provider" you can earn incentives of up to \$1,500 on eligible procedures! Learn more through the link or phone number provided below.

Bluebook also has a pricing transparency tool that enables you to see **Fair Price** information and compare costs across providers and facilities in your area. Billed costs can vary by as much as 500% between facilities! Since you may have to meet your deductible or pay coinsurance, these tools empower you to make informed healthcare decisions regarding both quality and cost.

Start using these tools today by logging on to your Meritain Health portal at www.meritain.com, click *Tools and Resources* ► *Health Tools* ► *Healthcare Bluebook*, or call 1.800.341.0504.

SEE FLYER

WATCH VIDEO



MATERNITY MANAGEMENT

Is someone in your family expecting? If so, you can take advantage of one-on-one support to help you achieve a healthy pregnancy and newborn. Through this program, you will be able to speak with a nurse specialist on a regular basis who will provide educational information and discuss ways to minimize the risks to you and your baby. The nurse, who is experienced in all aspects of prenatal care, will also help you manage your diet and exercise and discuss other ways to stay healthy throughout your pregnancy.

Even if you aren't a first-time mom, the nurse can help you through the changes that come with each unique pregnancy. Call 1.800.641.3224 to speak to a maternity nurse specialist.

[SEE FLYER](#)

[WATCH VIDEO](#)



LEARN MORE

Information on all our EPC Health Benefits are located on our EPC Benefit Resources website at www.epc.org/benefits. On our website go to *2022 Medical Plans*, then scroll down to *Programs for Medical Plan Participants* section.

You can also view our Programs by logging on to your Meritain Health member portal at www.meritain.com. If it is your first time logging on you will need to register first by clicking *register* in the upper right corner of the log in page.



WE CARE ABOUT YOU

EPC Benefit Resources wants to help you and your family on your Health & Wellness journey and we hope you will take advantage of the programs and resources we have made available to you.

If you have any questions you may call Meritain Health customer service at 800.925.2272 or call the EPC benefits office at 407.930.4492.



EPC

Benefit Resources, Inc.

www.epc.org/benefits