



EPC Adding New Benefits in 2022

COVID side effects, both physical and emotional, are continuing to impact our lives in many unexpected ways. In response, the EPC Benefits office is working together with the Office of General Assembly to directly address issues of concern through the addition of **several new programs in 2022** that will support our plan participants physical, mental, and financial wellbeing.

Last week we talked about the importance of staying up-to-date with your own preventive care and testing. Two other areas of concern, not only for our plan participants but for most adults in the US involves the growing number of diabetics and those unknowingly knocking on the door of becoming diabetic. **As many as 30% of adults in our population are falling into those categories.** The second area is heart disease, primarily reflected in high blood pressure. Drugs treating hypertension are our most commonly prescribed medication. These chronic conditions and their side effects affect us not only physically, but emotionally and financially.

Beginning January 1, 2022 the EPC is partnering with Livongo, a nationally recognized health management company, in offering their “Whole Person’s Solutions” chronic conditions management program to you and your dependents. The program focuses on supporting those with high blood pressure, diabetes and pre-diabetic conditions. Each participant will be provided with a program customized to meet their specific needs, not only focused on managing their primary chronic condition but also addressing co-conditions such as weight management, high cholesterol and the mental stresses that often accompany the management of multiple health challenges. You will receive:

- Personalized one-on-one expert health coaching
- Lifestyle behavior change tools
- Medication optimization support
- Provider coordination
- Ways to measure your progress through technology
- Actionable plans for reaching your health goals

The costs of these programs will be covered 100% by the EPC health plan for those enrolled. Keep an eye out for more information on this program and our other new 2022 plan features in the coming weeks.



EPC Open Enrollment for 2022 Begins November 1, 2021

Annual Open Enrollment affords plan participants with an opportunity to add new benefit coverages or change from one plan to another. It also is an opportunity to enroll in an EPC benefit for the first time if you meet the qualification of being a full-time employee at a participating EPC church. If you are interested talk with the person who handles benefits for your church about the benefit offerings they provide, or if you are a one-person show give our office a call, we will be happy to answer your health benefit questions.

The EPC provides **five** levels of **Medical/Rx coverages**, as well as **dental, vision, long term disability** and **life insurances** to our churches for their employees. You can see detailed information about each on the EPC website at: www.epc.org/benefits. If you are staying put with your current EPC benefits there is no action required, you will automatically remain enrolled in your current plans.

EPC Retirement Plan Monthly Workshop

Do You Want to understand key investing concepts, common investment types, and how to select a mix of different investments that aligns with your goals then this workshop is for you!



Take the First Step in Investing

After the workshop you should be able to:

- ✓ Understand the basics of investing
- ✓ Understand asset allocation and diversification
- ✓ Identify your ideal investment approach

Oct. 28

12:00 EST

Reserve your spot today!

Credible Coverage Notice

Recently, all EPC health plan enrollees should have received a Creditable Coverage Notice. The Notice is important if you are Medicare eligible or become Medicare eligible over the next year. This is important to know when it comes time to enroll in Medicare and the Part D prescription drug plan. If you are not in that age category yet, then the notice does not apply to you.