

Important EPC Medical Benefit Information

- Starting January 1, 2022, the new EPC medical benefit administrator is Meritain Health. New ID Cards were mailed and if you have not received yours or if you find an error then call our EPC Administrative Office at 877-578-8707.
- You can log on and register your new Meritain Health account by clicking www.meritain.com. If you need assistance registering, click on the instructional flyer [here](#).
- After registering you can see information about your benefits, claims, and have access to resources like Healthcare Bluebook, Nurse Health Coaches, Maternity Management, and the Provider Directory.
- You can view your medical and prescription plan information on the EPC website at <https://epc.org/benefits/2022medicalplans/>.
- If you have questions about your EPC Medical Benefit Plan then visit our **Frequently Asked Questions Q & A** section at <https://epc.org/benefits/2022medicalplansfaqs/>.

**Remember, your deductible refreshes and starts again each January 1st.*



FREE COVID-19 TEST KITS

The federal government is providing 4 at-home COVID-19 rapid test kits **FREE OF CHARGE** to every U.S. household! Just click [COVIDtests.gov](https://www.covidtests.gov) or copy and paste <https://www.covidtests.gov/> into your browser. If you do not have internet access you can call 1-800-232-0233 to order kits. To find a testing site near you visit the HHS.gov website [here](#).

Q. Can I use an authorized at-home COVID-19 diagnostic test if it was left outside in freezing temperatures?

A. In order to ensure appropriate test performance with a test that is delivered to you in below freezing temperatures, you should bring the package inside your home and leave it unopened at room temperature for at least 2 hours before opening it. Once the package is at room temperature, you may open it and perform the test according to the authorized instructions for use.

To read the full answer put out by the U.S. Food & Drug Administration click [here](#).



Need a little nudge, or a BIG nudge to move you to make healthy changes in how you are taking care of yourself?

If you answered YES, participants in the EPC medical plan have access to a Nurse Health Coach to nudge you along toward living a healthier life!

A Nurse Health Coach can help you manage:

| | | |
|-------------------------------|---------------------------------|----------------------------|
| Asthma | COPD | Diabetes |
| Chronic Pain | Coronary Artery Disease | High Blood Pressure |
| Chronic Kidney Disease | Congestive Heart Failure | High Cholesterol |

If you want to learn more about how a Nurse Health Coach can nudge you on to healthier living then call Meritain Health at 1.888.610.0089. You can also watch a short You Tube video [here](#) to see how it works!

If you have other current health conditions you can use EPC's virtual care and visit with a licensed Primary Care Physician through 98point6! Click this link www.98point6.com/epc to register and start your virtual care visit!

Meritain Health Mobile Device Perks

"It is so convenient to be able to access my Meritain Health portal right from my mobile device!"

Look at some of the perks of having your account right at your fingertips!

- ✓ Quickly find a doctor or hospital in your network
- ✓ Need to check your deductible or out-of-pocket amounts
- ✓ Need to research a claim or look at an explanation of benefits (EOB)
- ✓ Want to view or upload a copy of your ID Card

Click [here](#) to see Mobile Capabilities for members!

Download the Meritain Health App
Android Users click [here](#)
iPhone users click [here](#)