



## Could You Be A Target of Cybercrime?

Understanding potential threats can keep your online accounts safe and help you better defend yourself. Read here the article put out by our retirement partner, Fidelity, about:

- ✓ Understanding the many forms of cybercrime
- ✓ Learn how cybercriminals operate
- ✓ How to keep your online accounts safe

Take this **Cybersecurity Basics Quiz** put out by the Federal Trade Commission to test your understanding of cybersecurity basics.

## Healthcare Bluebook

Last newsletter we introduced one of our newest health care resources, **Healthcare Bluebook** and highlighted how using Healthcare Bluebook can help you get the best care at the best price and get the best outcome. We also highlighted how Healthcare Bluebook uses color codes to show you cost ranges in your area for different medical procedures and provides you with the Fair Price (**Green**) facilities that allow you to get cash rewards!

Check out some of the Cash Rewards you could receive if you shop for certain procedures on Healthcare Bluebook and use a Fair Price (**Green** rated) facility!

### The following are just a few of the eligible procedures:

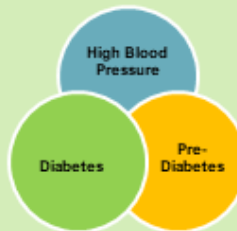
PROCEDURE	REWARD
Most CT Scans	\$25
Most MRI's	\$25
Transthoracic Echocardiogram (TTE)	\$25
TTE with Doppler	\$25
Cataract Surgery	\$50
Cholecystectomy (laproscopic)	\$50
Ear Tube Placement (tympanostomy)	\$50
Heart Perfusion Imaging	\$50
Lithotripsy	\$50
Removal of Adenoids	\$50
Sleep Study	\$50
Tonsillectomy	\$50
Colonoscopies	\$100
Knee Arthroscopy	\$100
Shoulder Arthroscopy	\$100
Upper Gastrointestinal Endoscopies	\$100

Start using this tool by logging on to your portal at [www.meritain.com](http://www.meritain.com), click *Tools and Resources* > *Health Tools* > *Healthcare Bluebook*, or call 1.800.341.0504.

## Introducing Livongo Whole Person Solutions



Last year EPC Benefit Resources announced we were rolling out new health management programs in 2022 to support our medical plan participants physical and mental wellbeing. One of those programs is **Livongo Whole Person Solutions!**



**Whole Person Solutions** is a nationally recognized health management program supporting those with **Diabetes, High Blood Pressure (Hypertension) and Pre-Diabetes** conditions.

For those who qualify the program provides encouraging coaching and utilizes state of the art technology tools to help you manage and control your health conditions. These include:

- Lifestyle behavior change tools** – 24/7 access to practical tips and techniques to help you better manage your condition and associated conditions such as weight management, dyslipidemia, stress, sleep, anxiety, depression, and more.
- Personalized expert health coaching** – Ask expert coaches your questions on nutrition, medications, or anything else related to your condition.
- Connected devices** – depending on your needs, you could receive a blood glucose meter, blood pressure monitor, and/or smart scale. These send readings right to your private account on an easy-to-use app.

This program is covered 100% by the EPC medical plan for those eligible. To see if you are qualified and to take advantage of this great opportunity use the link and registration code below and get on the road to better health! **Enroll today: [be.livongo.com/MERITAINWP/new](https://be.livongo.com/MERITAINWP/new). Use registration code: MERITAINWP**

**Check out these individuals journey using Livongo:**

[Listen to Debbie's Livongo Journey!](#)

[Listen to Manny's Livongo Journey!](#)

### Administrator Corner

There are so many great resources and programs that BRI provides. Please encourage your staff who are enrolled in our medical plan to:

- Take advantage of our virtual primary care service through 98point6! Remind them to register with 98Point6 to be "visit ready" next time they or a dependent needs medical advice or gets sick! The co-pay is \$0, or \$5 if enrolled in a high deductible plan. **[www.98point6.com/epc](http://www.98point6.com/epc)**
- Log on to the new Meritain Health portal and explore all the health & wellness programs and tools available. Here's the [flyer](#) for logging on instructions.