

Tax Help!

Benefits.Gov offers a few options for filing assistance this tax season. Visit <https://www.benefits.gov/news/article/467> to check out four services, either provided or partially paid for by the IRS, that can help you with your taxes.



Are you receiving text messages from the Postal Service (USPS), Costco, or Home Depot about a package? **BE CAREFUL!** It could be a scam.

This week is **National Consumer Protection Week**, and the Federal Trade Commission recently released the top scams of 2022 and **Impersonation scams** was ranked #1.

To learn more about spotting and avoiding Impersonator Scams visit

<https://consumer.ftc.gov/consumer-alerts/2023/03/ncpw-lets-talk-about-impersonation-scams>.



6 Players will win a \$50 Amazon Gift Card!



Healthcare Bluebook's "Trivia Game"

How much do you know about healthcare costs?

Play Healthcare Bluebook Trivia to test your knowledge and learn how you can use Healthcare Bluebook to find the best doctors and hospitals in your area for hundreds of procedures.

Play between:

March 1, 2023 - March 31, 2023

For a chance to win:

1 of 6 \$50 Amazon Gift Cards

[Click to Play](#)

You can also visit:

<https://explore.healthcarebluebook.com/s3/Bluebook>
*Use code: *Meritain* if prompted and if you are having difficulty opening game try disabling your pop-up blocker.




With Healthcare Bluebook, you could save hundreds - potentially thousands - of dollars on care with a simple search. Discover dramatic price differences on medical care and how much you can save using Healthcare Bluebook.

Great news! While the incidence of **diabetes** has been rapidly increasing in the U.S. we were blessed to see a reduction amongst our population in 2022. Helping our plan participants manage their diabetes and helping those in a pre-diabetic state gain control over their health before becoming diabetic is a goal of the EPC medical program.

The **Livongo** program introduced in early 2022 is helping to achieve that goal. It is a nationally recognized health management program that combines advanced technology, coaching, and support, including weight management and behavioral health support, for those living with diabetes, pre-diabetes, and/or hypertension.

Who can join? The program is offered at \$0 cost for all EPC medical plan participants diagnosed with diabetes, high blood pressure, or with pre-diabetes markers.

What you get?

-  **Connected Devices:** Depending on your health goals, you could receive a free blood glucose meter, blood pressure monitor and/or smart scale.
-  **Support from Coaches When You Need It:** Ask expert coaches your questions on nutrition, medications or anything else related to your health.
-  **Digital Behavioral Health Support:** Get 24/7 access to practical tips and techniques that help you better manage stress, sleep, anxiety, depression and more.

How do I enroll? Call Livongo member support at 1-800-945-4355 or join by visiting GO.LIVONGO.COM/MERITAINWP/REGISTER, and use registration code: **MERITAINWP**.

Encouragement for the day...

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.

Psalm 42:5