

## HOW TO?

Your **EPC Medical Plan** has YouTube Video's to help you understand your medical plan features and resources!

### Watch these "How To" YouTube Videos:

- [Register and log in to my account](#)
- [Read my member dashboard](#)
- [View out-of-pocket expenses](#)
- [Review plan information](#)
- [Access claims](#)
- [About Explanation of Benefits \(EOB\)](#)
- [Print ID cards](#)
- [Request a Letter of Coverage](#)
- [Update email and mailing address](#)
- [Manage claims and HIPPA settings](#)
- [Find a provider in network](#)

\*remember to choose Aetna Choice POS II (Open Access) option.

## EPC Medical Plan Offers Free Health Coaching Services

If you or a family member participate in the EPC medical benefit and have been diagnosed with any of the listed conditions below, ongoing support from a trained **Nurse Health Coach** is available to you! Call 1.888.610.0089 to learn more. **There is no cost to you!**



### Nurse Health Coaches can help you manage:

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

\*\*Please note, as part of EPC's wellness initiatives a Meritain Health representative may invite you to join the Nurse Health Coach program by phone, identifying themselves as Meritain Health Medical Management.

## Depression Anxiety

The rapid changes we have seen in our nation, the economy, our financial situations, churches and our daily lives in the past few years have heightened the stress levels we are all experiencing. National statistics are showing unprecedented increases in the use of mental health counseling and prescribing of medications to address anxiety, sleep disorders and depression. If you or someone you know are experiencing depression or anxiety then the articles below may be helpful to you.

### Online articles from a Christian perspective on Depression and Anxiety:

- [How to Face Depression as a Christian](#) - CRU article by Elizabeth Clayton Lee & Mary Keith
- [3 Ways to Care for Your Depressed Friend](#) - CRU article by Mary Leigh Keith
- [How to help teens who are anxious and depressed](#) - The Gospel Coalition article by Jared Kennedy
- [A Christian Teen's Guide for Good Mental Health](#) - Cornerstones for Parents online article by Laura Kuehn



## EPC Retirement Plan

### Forget April showers—Financial Literacy Month is in full bloom

If you're feeling stretched thin these days, you're not alone. Learning how to better balance rising prices, bills, and savings can be a good start to making progress on your money goals. This April, during Fidelity's Financial Literacy Month, find out about the steps you can take to help put your plan into action.

### Find help with...

- Managing your money with more confidence
- Creating a budget to help you live within your limits
- Understanding the fundamentals of money basics
- How to make your paycheck go further
- Paying off student loan debt
- Putting a plan in place for emergency situations

### Find help

\*Access to these resources requires logging in to your EPC NetBenefits.com account

### Cyber-attacks are on the rise and prevention is KEY!

One way to prevent unauthorized access to your EPC Retirement Plan account is by adding 2-factor authentication (2FA). Click [here](#) to **PREVENT** unauthorized access to your account now!