

About 6 out of 10 people who have diabetes also have high blood pressure!



High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. The good news is that there are steps you can take every day to keep your blood pressure in a healthy range.

Know your numbers

Most people diagnosed with high blood pressure want to stay below 130/80 mm Hg, but your health care professional can tell you your personal target blood pressure.

Work with your doctor

Your health care provider will help you make a plan to lower your blood pressure.

Make a few lifestyle changes

- Maintain a healthy weight
- Reduce sodium
- Eat healthier
- Limit alcohol
- Get active
- Reduce stress

Keep checking your blood pressure at home

Take your medication

*If you or one of your dependents have diabetes, prediabetes or high blood pressure and are enrolled in an EPC medical plan then you have the opportunity (at no cost to you) to receive advanced technology and personal coaching to help you or your dependent live healthier and manage your diabetes, blood pressure, weight, and stress!

The program is called **Livongo**. [▶ LEARN MORE](#)

Resources for High Blood Pressure

[Questions to Ask My Doctor](#)

[My Blood Pressure Log](#)

[How Do I Measure My Blood Pressure at Home](#)



General Assembly 2023

Don't forget to **register** and sign up for one of the EPC Benefits Networking Lunches!

Tues. & Thur. "Building Retirement Savings & Tax-Exempt Housing Expense withdrawals"

Wed. "Your EPC Health Benefits and Improving your Personal Wellbeing"

EPC Retirement Plan

Need a new repayment strategy?

Student debt can feel overwhelming, especially if you have multiple loans with multiple providers—each with a different repayment amount, maturity date, and interest rate. Now there's help to keep it all straight.

Fidelity's **Student Debt Tool** uses your actual loan information to model different repayment scenarios. You are able to get a complete picture of what you owe and make a personalized plan to pay your student loans.

The tool can help you:

- See how shortening your repayment window can save time and money
- Discover the potential savings of making extra payments
- Decide if loan refinancing or an income-driven repayment (IDR) plan is right for you

Getting started is easy – just visit the tool and enter your loan information.

[Try the tool](#)

* You will need to log in to your Fidelity netbenefits account to access.

Administrator Corner

**Are you a New Church Administrator?
Not sure who to contact about EPC health benefits or retirement related questions?**

See below where to go for your questions and resources:

QUESTIONS about...

Retirement Plan, Contributions and General Benefit Questions reach out to the EPC Benefit Resources team at 407-930-4492 or email benefits@epc.org.

Eligibility, Enrollment, Billing, or Invoices are handled by our EPC Administrative Offices, (CDS Administrators). Contact their member service team at 877-578-8707 or email them at epc@cdsadmin.com.

RESOURCES for...

EPC Church Benefit Administrators are located on the EPC Benefits website at: <https://epc.org/benefits/2023churchadministratorresources/>

On the website you will find...

- Administrator Handbooks & Guides
- Medical Plan Offerings
- Benefits & Retirement Plan
- Partners & website
- Employer Requirements for Medicare-Eligible Employees
- Making Changes to Coverage
- Updating Personal Information
- Terminating Benefits Coverage
- Documents and Forms