

## Did you know your EPC Retirement Plan offers money management resources?

Throughout April, log into your Fidelity account to learn about small steps you can take to make progress on what matters most. There you will find tools, workshops, and videos on popular money topics, including:

- Finding ways to spend more mindfully
- Putting a little aside for unexpected costs
- Tackling debt while saving for other goals
- Protecting and maximizing what you have



Make a plan today and take control of your finances!



## Have you scheduled your preventative screenings?

In the busyness of life, it can be easy to let your health fall from the priority list. However, being proactive today can pay off big time in the future. Here are some recommendations from the CDC:

- Establish a primary care physician relationship
- Get regular medical and dental checkups
- Know your family history
- Stay up to date on cancer screenings and routine vaccines

[Read more here](#) to stay on top of your health.

## Do you sometimes find yourself overwhelmed choosing doctors & treatment facilities, trying to understand your insurance coverage, and knowing what everything is going to cost you?

For those who participate in the EPC Medical Benefit, we offer **Healthcare Bluebook** to help you identify highly rated doctors and medical facilities in your area. Did you know that fees charged for the same service vary considerably from one facility to another? **Bluebook** includes a pricing tool so you can compare prices for your specific procedure. To use **Bluebook**, sign into your Meritain account and choose Healthcare Bluebook from the Member Resources menu.

### HEALTHCARE BLUEBOOK GAME!

Be on the look out for more details! April 15 - May 15 the EPC will run a Healthcare Bluebook game you can play with the opportunity to win a cash prize!

The non-profit Leapfrog Group can also point to resources and tools that help you navigate your own care as you engage in understanding your diagnosis, choosing doctors, hospitals, and surgery centers and comparing costs.

## How to Be an Engaged Patient



<h3 style="margin: 0;">DO YOUR RESEARCH</h3>	<p>Find a hospital with top marks for safety and quality, and that has the kind of top-notch facilities and tools you need for your care.</p>
<h3 style="margin: 0;">ASK QUESTIONS</h3>	<p>As a key member of the health care team, you need to make your voice heard. You have a right to be informed about what procedures are necessary, and which might have unintended consequences or harms.</p>
<h3 style="margin: 0;">COMPARE COSTS</h3>	<p>More expensive care is not always better care. For many people--especially those with high-deductible health plans--comparing costs can help keep their out-of-pocket costs manageable.</p>

### Admin Corner:

**Any recent staffing changes in your church?** Additions, terminations, change of address, adding a dependent, moving to Medicare? Help us by contacting the EPC Benefits Administration office at 877-578-9707 or [epc@cdsadmin.com](mailto:epc@cdsadmin.com) with the updated information!

**Still submitting retirement contributions via US mail?** Streamline the process by contacting the home office at [benefits@epc.org](mailto:benefits@epc.org) or 407-930-4492 to get set up on the Simplified Contribution Portal and submit contributions electronically.