



Play to Win \$100!

Healthcare Bluebook (HCBB) provides EPC Plan participants with tools to find high performing doctors, hospitals, and diagnostic testing facilities close to home. It includes a pricing tool to help you save on your out of pocket expenses! So, how do you get access to and use HCBB?

We've made it easy for you by giving you a trivia game to play that acquaints you with using the HCBB search and selection tools. **Play the game anytime between now through May 22nd for a chance to win one of three \$100 Amazon gift cards!**

Did you know that you can control how much you pay for outpatient diagnostic testing required by your doctor? Charges for the same service can differ by \$1,000's depending on the facility you choose. The tools for finding low cost, high performing facilities are available through HCBB, and when you use them to find your outpatient test site using Go Green to Get Green Rewards, you can earn cash rewards of up to \$1,000! Test your knowledge and learn how to utilize this tool for huge savings.

[PLAY BLUEBOOK TRIVIA >](#)

Chronic Pain Got You Down?

If you have a chronic health condition, you are far from alone. Did you know almost 50 percent of people in the U.S. have a chronic condition of one type or another? If you are suffering with heart, lung, or kidney disease; persistent pain; asthma; diabetes; high blood pressure; or similar conditions, simple lifestyle changes can often put you in control of your health and lighten the burden you've been carrying. All EPC Plan participants have free access to Nurse Health Coaches through our medical administrator Meritain Health.

Work one-on-one with a registered nurse who can help you:

- Set key health goals, such as lowering your cholesterol or blood sugar, or reaching a healthier blood pressure.
- Notice warning signs and know what to do if they happen.
- Follow your doctor's plan of care for you.
- Learn more about your condition with helpful materials.
- Find places near where you live that can give you extra support if you need it.



Learn about Nurse Health Coaching [here](#) or call Meritain at 888-610-0089. Get started with this free service today!



The EPC Retirement Plan offers advice on more than just retirement planning!

Whether you are buying your first home, paying college tuition, or just walking into retirement, Fidelity offers support and education for any season of life you may find yourself in. Login to your Fidelity NetBenefits account and learn more here.

Want more personalized input? Call 800-343-0860 for questions and/or guidance on the EPC's 403(b)(9) Retirement Plan.

Getting all the vitamins and minerals needed for your oral health?



We all know that getting the proper nutrients is crucial for overall health, but did you know it impacts your oral health as well? [Check out this article to learn about 7 vitamins and minerals needed to keep your mouth healthy and happy.](#)

Admin Corner

New to administration at your church and looking for some answers? Check out our [Church Administrator Resources](#) on our website for your one-stop shop!