



**EPC**  
Benefit Resources, Inc.

# Health & WELLNESS



October 2021



## EPC Launching New Health Resources for Plan Participants in 2022

Almost 50% of people in the U S have a chronic health condition of one type or another. Many have more than one condition, so you are certainly not alone in your battle. To assist our plan participants in managing their condition and staying healthy EPC Benefit Resources has partnered with Meritain Health to give every participant direct access to Nurse Health Coaches to help them understand and manage their particular condition.

### If you have a chronic health condition such as...

- Asthma • Chronic Obstructive Pulmonary Disease (COPD) • Chronic Kidney Disease (CKD) • Chronic Pain
- Coronary Artery Disease (CAD) • Congestive Heart Failure • Diabetes • High Blood Pressure (Hypertension) • High Cholesterol (Hyperlipidemia)

### Your very own Nurse Health Coach will help you...

**Set tailored health goals** ► *like lowering your cholesterol or blood sugar, or reaching a healthier blood pressure*

**Work with you** ► *to understand your condition, build a plan, and provide motivation*

**Notice warning signs** ► *let you know what you need to do if they occur*

**Stick to your Doctor's plan of Care**

**Become educated** ► *provide you with helpful materials and resources*

**Navigate** ► *find places near you that can give you extra support if you need it*

Having a Nurse Health Coach will help manage your health condition and provide you with the support and resources to live your healthiest life! These services will be available free of charge. It's time to start taking control of your physical and mental wellbeing! Stay tuned for more information coming your way through our newsletters and mailings.



## Potential Health Benefits of Apple Cider

Apple cider in its purest form is the juice from chopped and mashed apples. The polyphenols in the cider provide health benefits. While cider might not have the same concentration of polyphenols that whole apples have, these antioxidants can help to improve your health and lower your odds of certain conditions such as **inflammation** and **cancer**.

**COMING SOON !**

**EPC Open Enrollment  
Begins  
November 1, 2021**

## Recommended Books & Workbooks for Emotional Health!

The rapid changes we have seen in our nation, the economy, our financial situations, churches and daily lives these past 18 months 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 are feeling it, you are not alone. Here are a few resources that may be helpful:



### Depression:

- ✓ Coping with Depression (AT Beck & RL Greenberg) Booklet educating about Depression. Beck is the father of Cognitive Behavioral Therapy which is considered the most effective for depression/anxiety by research results
- ✓ Breaking Free from Depression (Jesse Wright & Laura W McCray) Workbook designed for one to work thru on their own

### Anxiety

- ✓ The Anxiety & Worry Workbook (David A Clark & Aaron T Beck)
- ✓ The Anti-Anxiety Program (Peter J Norton & Martin M Antony) Self-help workbook

### Anger

- ✓ The Anger Management (W Robert Nay) Self-help workbook
- ✓ The Anger Workbook (Lorraine Bilodeau)
- ✓ Anger: Taming a Powerful Emotion (Gary Chapman) Christian perspective

### Forgiveness

- ✓ Moving Forward (Everett Worthington)
- ✓ Forgiving and Reconciling: Bridges to Wholeness and Hope (Everett Worthington) Book
- ✓ Steps to REACH Forgiveness & to Reconcile (Everett Worthington) Workbook

***These suggested resources were provided by Rev. Dr. William Reisenweaver, who is an EPC TE and trained counselor.***

\*Please note that when dealing with depression/anxiety that these books are not meant to substitute for medication or for therapy, especially for severe forms. Research does show, though, that medication alone is less effective than medication with counseling.

## Breast Cancer Awareness Month

**The Bad News...**Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2021, approximately 30% of all new women cancer diagnoses will be breast cancer. \*

**The Good News...**There are over 3.8 million breast cancer survivors in the US. \*

**Mammograms** are the best way to find breast cancer early and be one of the 3.8 million survivors!

Check out more information about breast cancer from the American Cancer Society [here](#).

*Remember if you are between the age of 40 and 54, schedule a mammogram each year. If you have a family history of breast cancer, you may need mammograms sooner than age 40.*

*\*Statistic fact from the [National Breast Cancer Foundation](#)*