


Health & WELLNESS



October 2023

OPEN ENROLLMENT

Nov. 1 - Nov. 27



Open enrollment is for EPC employees that want to make changes to their benefit elections for 2024. Talk with your church benefit administrator if you would like to make any changes. No action is needed if you plan to remain under your current benefits. Your eligibility and EPC benefits will automatically continue for 2024.

Chronic Pain Got You Down?



1 in 5 Americans suffer from Chronic Pain

- Chronic pain is more common in U.S. adults than diabetes, depression, and high blood pressure, according to a new study.
- Chronic pain is defined as pain that is felt on most days or every day of the past three months
- High-impact chronic pain is defined as pain that limits life or work activities on most days or every day during the past three months.

Verywell Health



If this sounds like you, check out our **Nurse Health Coaching**. EPC plan participants can get one-on-one coaching for chronic pain and eight other chronic conditions such as kidney disease, asthma, and high cholesterol.

Take steps to live—and feel—better. If the Nurse Health Coaching program sounds right for you, call 1.888.610.0089 to join. The program is free to EPC medical plan participants.



We at the Office of the General Assembly for the EPC stand with you all during Breast Cancer Awareness Month.

This month is the perfect opportunity to:

- Schedule your mammogram
- Learn more about breast cancer and how it affects people's lives from resources such as <https://www.breastcancer.org/>
- Explore your risk for breast cancer
- Be present with those in our life who are walking through breast cancer
- Wear It Pink! The last Friday in October, 10/27 is designated for people to wear pink clothing and accessories to show their support for breast cancer awareness and research.

DID YOU KNOW OCTOBER IS NATIONAL DENTAL HYGIENE MONTH?

Before you fill up on Halloween candy, make sure your brushing and flossing are up to scratch! Brush up on your dental hygiene by learning more [here](#).



Pregnant or planning to expand your family?

If you or your dependent is enrolled in EPC's medical plan, then you can take advantage of our **Maternity Management Program** through Meritain Health.

Here are just a few highlights of the program:

- One-on-one support throughout your pregnancy by an experienced nurse specialist.
- Free educational information and materials that will help you reduce risk factors for yourself and your unborn child.
- Learn how to manage your diet and exercise and discuss other ways to stay healthy throughout the program.

We are excited to announce there is now a reward for entering and completing the program:

Reward #1: Receive \$50 for enrollment into the program at any stage of your pregnancy

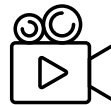
Reward #2: Receive \$100 for completing the Maternity Management program (post-partum)



The program is provided free of charge by EPC Benefit Services. We want to make sure you receive ALL the support you need during this special time! Call 1.800.641.3224 to speak to a maternity nurse specialist. Learn more by clicking the links below:



[Maternity Management Flyer](#)



[Maternity Management Video](#)

Credible Coverage Notice

Recently, all EPC health plan enrollees should have received a Creditable Coverage Notice in the mail. The Notice is for those who are Medicare eligible or will become Medicare eligible over the next year. This information is important to know when it comes time to enroll in Medicare and the Part D prescription drug plan. No action is necessary if you are not in that age category yet, as the notice does not apply to you.