

Health & WELLNESS



November 2023



The holidays are upon us!

Is it the most wonderful time of the year, or the most stressful time of the year? With all the hubbub the holidays bring, here are some tips for managing stress this Christmas season:

1. Have a plan. What parties and gatherings are a priority this Christmas? What ones are you willing to skip so you can keep your sanity?
2. Let the little things go. Inevitably, you are going to encounter a hiccup or two this season. Take it in stride and do what you can to enjoy the time, even if the turkey doesn't turn out perfectly.
3. Remember what this season is all about. This is a time of year when we can gather with fellow believers and worship our true King, Immanuel, God with us.

Need a late-night doctor visit?

With seasonal sickness going around, your 24/7 resource for primary care is 98point6! The primary care visit is provided at \$0 for everyone enrolled in an EPC medical insurance plan.

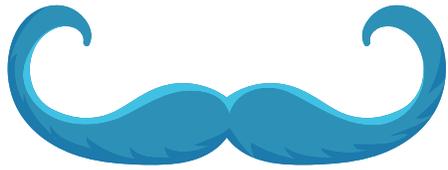
If you are new to this service, simply download the app and input all your information so you are visit-ready whenever you need it. U.S. board-certified physicians are there for you, day and night.

Download 98point6 from the App Store or Google Play or visit our website [here](#).

98point6®

LET THEM GIVE THANKS TO THE LORD FOR HIS UNFAILING LOVE AND HIS WONDERFUL DEEDS FOR MANKIND,
FOR HE SATISFIES THE THIRSTY AND FILLS THE HUNGRY WITH GOOD THINGS.

PSALM 107:8-9



MOVEMBER®

MOVEMBER is all about Men's Health!

Every November, men grow mustaches to raise awareness for men's health, giving us MOVEMBER.

"Men's health is in crisis. Men are dying on average 4.5 years earlier than women, and for largely preventable reasons.

A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis. Globally, testicular cancer is the most common cancer among young men. And across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides.

Movember is uniquely placed to address this crisis on a global scale. They fund groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change."

Join the movement and grow your 'stache.

Source:

<https://us.movember.com/about/cause>



Did you know November is National Diabetes Month?

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

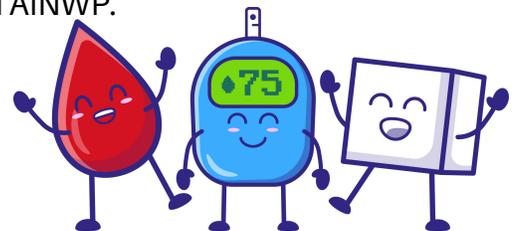
Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. **A unique fact regarding the diagnosis of diabetes is that your eye doctor during a routine exam can identify diabetes by looking at the retina's blood vessels.**

But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

[Read more in this article from the National Institute of Diabetes and Digestive and Kidney Diseases](#)

If this is something you are facing, here at the EPC Benefit Resources we have a comprehensive care management program called Livongo offered at \$0 cost to EPC medical plan participants diagnosed with diabetes, high blood pressure, or with pre-diabetes markers.

[Enroll now](#) and use registration code MERITAINWP.



General Reminder:

As we head into the end of the year and into 2024, make sure EPC Benefit Resources has your most current home address by sending your information to EPC@cdsadmin.com!