

Health & WELLNESS



You or a family member expecting?

As you prepare to welcome your little one, **Maternity Management** is here to help EPC Plan participants! Get connected with a maternity nurse specialist to help you along your pregnancy. Through this program you will receive personalized care and information including what to expect each trimester, help with insurance, and a place to go when questions arise.

Your nurse will:

- Advise you on safe diet and exercise routines.
- Identify potential pregnancy risk factors.
- Discuss ways to minimize risks to you and your baby.
- Answer questions and provide written materials on pregnancy and childcare issues that are a concern to you.

During this exciting time, your maternity nurse will be a helpful supplement to your primary care to ensure you and your little one get the best care possible.

BONUS, sign up now and **receive a \$50 reward!** And if you finish the program, you will **receive an additional \$100!**

Get professional input and set yourself and your baby up for your healthiest possible pregnancy, labor, delivery, and postpartum!

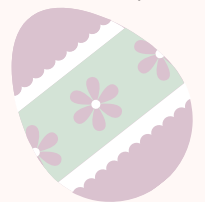
Call 1.800.641.3224 to get started.



FROM THE RISING OF THE SUN TO THE PLACE WHERE IT SETS,
THE NAME OF THE LORD IS TO BE PRAISED.



PSALM 113:3



SPRING IS IN THE AIR!

And as the tree leaves unfold and flowers blossom, many of us will be quickly reminded that pollen is also in the air and our allergies are kicking in! It also seems that respiratory ailments, coughs and covid symptoms are still on the move. When these symptoms get you down, the EPC medical plan has you covered with a simple, no-cost alternative to waiting for a doctor appointment or going to urgent care.

98point6 is a 24/7/365 virtual primary care physician visit service available to EPC participants at a \$0 copay.

Meet with a board certified physician to discuss any manner of non-emergency health concerns.

New to the EPC Plan or never used 98point6? You and your family members are already enrolled in 98Point6, but you do need to download the app and register so all will be “visit ready” when a need arises. You can then hop on the App from anywhere, at any time and start conversing with a doctor who can leave you with a care plan and prescribe a medication directly to your pharmacy if one is needed.

[Get the app today!](#)



TRYING TO BUILD A NEW HEALTHY HABIT INTO YOUR LIFE? TRY THE 5 P'S



It's easy to get excited about a new health goal or trend, but how often do we start something with vigor only to lose steam and let that goal fall to the wayside?

So much of our success hinges on the way we plan for it. This is where the 5 P's come in:

Prior Proper Planning Prevents Poor Performance.

With a little bit of work on the front end, you can make a plan and stick to it!

- Trying to get more veggies in your diet? Sit down and meal plan out the week with meals full of veggies.
- Want to be more consistent with exercising? Look at your calendar and schedule set times to make it happen.
- Do you know you will have a hard time keeping yourself motivated? Invite a friend to work out with you for that extra motivation and accountability.

Start small and make it realistic.

Change requires discipline and diligence. It is not easy, but it doesn't have to be complicated. Make a simple plan and make it happen!