

Health & WELLNESS



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 and May 22nd for a chance to win one of three \$100 Amazon gift cards! Use code MERITAIN and input your information to login and play the game!**

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 diagnostic testing facility 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 >](#)

Need help navigating an unexpected illness or injury?



In the middle of a medical crisis, the last thing you want to think about is battling with insurance. This is where Case Management Services through Meritain Health comes in. The EPC medical benefit plan offers this program to all plan participants at no cost to you, and you will have the opportunity to talk with registered nurses and licensed social workers who will help you develop a comprehensive and affordable treatment plan.

Case management provides you with:

- Personalized support for you and your family when serious injury or illness occurs.
- Help in understanding your health benefits, home care needs, treatment options and possible lifestyle changes.
- Communication facilitation between you and your doctor or hospital.
- Potential savings and discounts through your benefits.

[Learn more here](#) or call the Meritain Health customer care team at 1-800-925-2272 to get started.

From the end of the earth I will cry to You,

When my heart is overwhelmed; Lead me to the rock that is higher than I.

Psalm 61:2



Got Snacks?

In our busy lives where packaged cookies and fast-food reign supreme, it can be hard to choose healthy snack options. The bag of chips is so convenient, not to mention delicious. However, a little effort with snack prepping can go a long way and can help us choose nourishing and satisfying options.

Here are just a few healthy snack ideas:

- Beef Jerky/beef stick
- Cottage cheese and fruit
- No-bake energy bites
- Apple and peanut butter—or change it up and enjoy some sharp cheddar with your apple
- Hard boiled eggs
- Veggies and Greek yogurt dip
- Trail mix (and maybe not the kind with pretzel sticks, chocolate peanut butter cups, and peanut butter chips 😊)
- Roasted pumpkin seeds

Healthier choices don't have to be difficult! Make the switch to healthier snacks today and reap the benefit for years to come.

