



Get Ready, Get Set, Get Healthy *with My Active Health!*

EPC Benefit Resources is passionate about helping you achieve your best health and focused on providing resources and tools to support you in achieving your personal health goals.

At the core of your health journey, it is important to have the support and motivation you need to stay on course. To help you we offer an all-in-one online health & wellness program called **MyActiveHealth**, through your Meritain Health portal website. This program is available at **no cost** for EPC medical plan members.

Members have 24/7 access to:

- **Creating your own personal health record to assist in tracking your health information, like medications and doctor appointments**
- **Group and individual challenges**
- **Digital Coaching at your own pace**
- **Health Trackers & Connection to Mobile Devices**
- **Health Assessment Tools**
- **Library of Health & Wellness Webinars, Videos, Healthy Recipes and Health Tips**
- **Preventative Care and Age-Appropriate Screening Guidance**

Follow these steps to start using MyActiveHealth or click [here](#) for our flyer with access instructions

- 1 - Log on to your Meritain Health portal at www.meritain.com
- 2 - Click on the **My Wellness** tile
- 3 - You will be taken directly to the MyActiveHealth site

Haven't registered with Meritain Health yet? Click [here](#) for easy instructions!

TO DO LIST

Beneficiaries



Designate or Update my Beneficiaries for my Retirement Plan

- Click [here](#) to designate or update with Fidelity



Designate or Update my Beneficiaries for my Life Insurance

- Click [here](#) to designate or update with the Hartford

What are the benefits of fitness trackers?



The best fitness tracker depends on a person's health goals and budget and the specific fitness activities or

health metrics they wish to track.

Different fitness trackers monitor a range of activities and metrics. These devices offer several benefits, including:

- tracking activity, including calories burned
- monitoring sleep
- monitoring heart rate

Viewing these metrics may motivate people to make more healthy decisions. A fitness tracker may also help some individuals identify a previously unnoticed symptom or understand how their lifestyle affects their health.

Check out the **BEST fitness trackers** Medical News Today recommends for 2022!

COVID-19 RAPID TEST KITS!

You can still order **FREE COVID-19** rapid at-home test kits from the government again! Go to [COVIDtests.gov](https://www.covidtests.gov) to order your second set of at-home test kits!

ADMINISTRATOR CORNER

- ➔ **Coming up...**General Assembly 2022! We are looking forward to seeing you all and we will be available to answer all your EPC benefits and retirement plan questions!
- ➔ Remember to post our newsletters in your staff area and print them on legal size paper!
- ➔ Have a staff that would like to receive our newsletters? Have them go to our EPC Benefit Resources [website](#) and on our menu, scroll down and click on **Newsletters**, then subscribe!