



Happy New Year from EPC Benefit Resources! Our team is excited about continuing to provide you and your family with the greatest quality health, life, and retirement benefits and resources for 2023! Take a look at some helpful resources and our member care programs targeted to support your health and wellness for 2023!

EPC Benefit Resources 2023 Who to Contact

Eligibility, Enrollment, & Billing

EPC Administration Office
877-578-8707
epc@cdsadmin.com

Medical Plan & Member Care Programs

Meritain Health
800-925-2272
www.meritain.com
Set up an account for access to free plan resources!

Prescription Drug Coverage

Express Scripts
800-987-5246
www.express-scripts.com
Download [Express Scripts mobile app](#) to order refills, make payments, and even set up reminders to take your medication!

24/7 Virtual Primary Care On Demand

98point6
www.98point6.com/members-homebase
Sign up now and next time your sick you will be "Visit Ready"!

Other Health Benefits & Retirement Plan

EPC Benefit Resources, Inc., Office
407-930-4492
benefits@epc.org

New to EPC Benefits?

Visit our website at www.epc.org/benefits

Administrator Corner

- If you are looking for support regarding the administration of health and retirement benefits, then EPC Benefits has a website just for you! Resources and answers to all your questions about our benefits can be found by going to <https://epc.org/benefits/2023churchadministratorresources/>.
- Print our For Your Benefit newsletter on legal size paper & post for your staff members to see.
- If you know of anyone who is not receiving our newsletter then you can sign them up or have them sign up at <https://epc.org/benefits/newsletters/>.
- If you have any suggestions for our newsletters please reach out to April Hair at April.hair@epc.org.

We appreciate you all and we are here to help you!

EPC Benefits Member Care and Wellness Programs

If you are new to the EPC benefit medical plan or you are already enrolled and you want to start the New Year off with the boost you need for better health, then check out our wellness programs that are offered at no cost! See an overview of our programs below:

Diabetes, Pre-diabetes, & Hypertension

Helps you or your dependents manage the challenges related to diabetes, prediabetes and hypertension and related complications such as weight management and behavioral health. Personalized programs from Livongo combine technology and coaching. Go to [GO.LIVONGO.COM/MERITAINWP/REGISTER](https://go.livongo.com/meritainwp/register) and use registration code: MERITAINWP to join and learn more.

Chronic Conditions Management

Nurse health coaches help you manage chronic conditions like persistent pain, asthma, arthritis, cholesterol, lung, kidney and heart diseases. Coaches will provide you with resources to better manage your condition and help you set target health goals. Learn more by visiting <https://epc.org/benefits/2023medical/> then scroll down to *Programs for Medical Plan Participants* or call 1.888.610.0089.

Healthcare Bluebook

Find quality and cost ratings for medical procedures and hospitals nationwide. Use the price transparency tool to see Fair Price information! Earn cash rewards for using high performing providers for eligible procedures. Start using by logging on to your Meritain Health portal at www.meritain.com or call 1.800.341.0504.

Maternity Management

Learn what to expect during your pregnancy, how to manage your diet and exercise, and receive personalized support from a maternity nurse specialist. Call 1.800.641.3224 to speak to a maternity nurse specialist.

My Active Health

Jumpstart 2023 to better health by using the online health and wellness program that offers coaching, challenges, tools, and insights to help you get closer to your health goals. My Active Health is available to medical plan members via the Meritain Health portal.

To join any of these programs and see more detailed information go to our 2023 Medical Plan Programs website at <https://epc.org/benefits/2023medical/> and click the program that will support you best.