

For Your Benefit...

September 15, 2023

EPC Retirement Plan

EPC Retirement Plan members, did you know you can easily connect and manage your EPC retirement account via Mobile App?

Through your mobile device you can download the **Fidelity NetBenefits® Mobile App!** With the app members can...

View

Your account balances, investments, your personal rate of return, next steps, and more.

Act

Change your investments, update your profile or beneficiaries, send paperwork, and more.

Plan

See how much you may need in retirement.

earn

Access educational articles, videos, podcasts, and interactive tools.

<u>Download the NetBenefits® Mobile App Now!</u> And while you're at it, check your beneficiary designation. 1 in 5 participants in the EPC plan still haven't designated their beneficiary. Are you that one?

HAVE YOU HEARD?

EPC medical plan members have personalized support services when you or your family member has a serious injury or illness. Meritain Health Case Management Services provides members with:

- Help in understanding your health benefits, home care needs, treatment options, and possible lifestyle changes.
- Communication facilitation between you and your doctor and hospital.
- Dedicated case managers who are registered nurses and licensed social workers who assess your health and help you develop an affordable plan.

Learn more about <u>Case Management Services</u>. This is a no cost service for EPC medical plan members. Call the Meritain Health customer service team at 1-800-925-2272 to enroll.

Administrator Corner

Find commonly used documents and forms, like...

- Church Benefit Plans Election Form
- · Church Billing Setup Form
- Benefits Online Portal Assess Request Form
- Benefit Plans Enrollment/Change Form
- Salary/Class Update Form
- Beneficiary Designation Forms
- Contact Information Change Form

...on our <u>2023 Church Administrator Resources</u> website. Just scroll down to the Documents and Forms section.

Retirement: Mark your calendars to ensure you get your employees 2023 retirement plan contributions in by the end of the year!

Are you navigating Diabetes, Prediabetes, or High Blood Pressure?

EPC Benefits offers a health management program through Livongo for any EPC medical plan participant with one of these conditions.

This benefit is confidential and fully paid for by your EPC Plan!

Livongo provides advanced technology, unlimited coaching, personalized insights, and more! Click <u>here</u> to learn more or call 1-800-945-4355. (use code: MERITAINWP)



Losing sleep - even just one night - can cause your blood sugar to spike?! Read 10 Surprising Things That Can Spike Your Blood Sugar