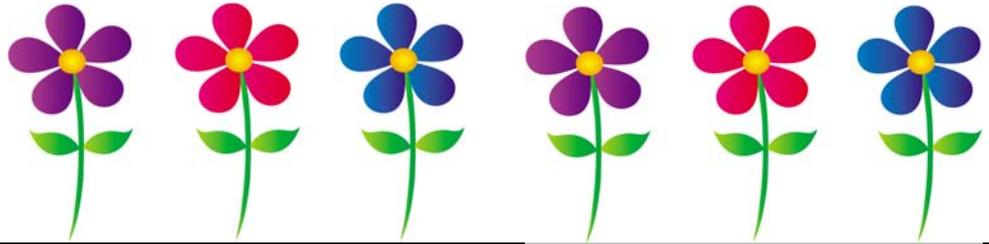




INSURANCE NEWS



Win \$100 Amazon Gift Card with SmartShopper

SmartShopper is the medical care shopping and savings program already offered to Conference health insurance participants as part of your benefits. When you register to use SmartShopper **by May 17**, you could win a \$100 Amazon gift card. See the other side of this flyer for more details. Whether you have a common medical procedure scheduled already or not, you can register now with SmartShopper to enter the drawing. Then shop for medical care when needed for procedures such as a mammogram, colonoscopy, MRI/CT scan, ear tubes or tonsillectomy for children and more! Compare costs, schedule your appointment, and receive a cash reward.

Changes in coverage?

Please notify us **within 30 days** of any changes that would affect your conference insurance coverage. Such changes include adding or removing dependents, terminating coverage, or other changes in life circumstances.

May is Mental Health Awareness Month

As many as 1 in 4 Americans suffer from mental or stress-related issues, yet many don't receive help because of the stigma associated with mental health and substance abuse issues. It is up to each of us to recognize and address signs of mental health issues and reach out to those who are struggling. Shame and stigma can leave people feeling like there is no place to turn. But asking for help is not a sign of weakness -- it is a sign of strength. To find treatment services nearby, call the Substance Abuse and Mental Health Services Administration at 1-800-662-HELP.

Financial Rewards for Healthy Living

When you make healthy living choices, you benefit in more ways than one. Habits like eating fruits and vegetables, exercising, and getting annual checkups with your doctor contribute to a longer, healthier and happier life. But did you know that activities like these can also earn you MONEY?? W.I.N. is a Wellness INcentives program sponsored by the NC Conference Insurance Committee. As you participate in qualifying healthy living activities during 2019, you can earn points towards an annual cash reward per enrolled member. You can obtain a rebate form at the Treasurer's Office website. Send your completed form to Bethany Reeves at the email address below.

Attention Pastors: Are you changing appointments?

If you are changing appointments this year, then you need to update your address with BCBS by going online to www.ebenefitsnow.com. Your Login ID is your first name *plus* the first initial of your last name *plus* the last four digits of your social security number. Your password is the same one you created during Open Enrollment in November 2018.

Benefits Team NC
United Methodist Conference

benefitsteam@nccumc.org
919-779-6115

nccumc.org/treasurer/insurance
nccumc.org/treasurer/pension

May 2019