



INSURANCE NEWS



SmartShopper Personal Assistant now Available!

Did you know the price for an MRI or CT scan can vary widely, even in-network? Save money and earn cash back with SmartShopper!

SmartShopper can be used online or by phone with a Personal Assistant. Shop by phone for a cost-effective location, save money, and earn a cash reward for your choices!

Call a Personal Assistant at 1-877-702-6661 or log in to BlueCrossNC.com/SmartShopper.

Register Now for Treasurer Training – Two Dates Available

Local church treasurer and finance committee training events will be held on Saturday, October 12, 2019, and Wednesday, January 15, 2020, from 10:00 to 3:30 at the United Methodist Building in Garner. The same information will be shared at both events, so choose the one that fits your schedule best!

Local church finance basics will be covered as well as updates from recent legislative changes. Local church treasurers, finance committee members, and pastors are encouraged to attend. Seats are limited (and fill up fast!) so registration is required. There will be a \$10 registration fee charged to help offset the cost of training materials and lunch.

Register at <https://nccumc.org/treasurer/training/>

Join Partners in Caring

Clergy members of the NCC, won't you join Partners in Caring (PIC)? Over the years about 600 families have been blessed through this ministry. We provide our members with a way to memorialize those who have gone before them by giving their families a love gift that is very helpful during bereavement.

We are an organization of clergy in the North Carolina Conference of the United Methodist Church who send a benevolence (\$7,000 as of 7/1/2018) to the family of a PIC member upon the member's death. When a member dies, a call goes out to all member clergy. Member clergy then contribute \$20 (as of 7/1/2012) to the organization per call. Membership in PIC is open to all pastors under an appointment and under the age of 60. The initial enrollment fee is \$20 (as of 7/1/2012).

You can now join and contribute online! Visit nccpartners.org to learn more and click on "Join" if you would like to be part of this ministry of compassion!

Open Enrollment Reminder

Open Enrollment is the time each year for clergy and lay employees to make changes to their enrollment options in the NC Conference Insurance Plan, without the requirement of a qualifying life change. Open Enrollment will be coming up in November!

**Detailed information packets will
be mailed in October.**

**Benefits Team NC
United Methodist Conference**

**benefitsteam@nccumc.org
919-779-6115**

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

September 2019

“This program has helped me kickstart a better, healthier way of life. The bonus is that my husband has also been inspired by my efforts.”

— ESMMWL participant



“These sessions have nicely carved out a time-slot in which I can focus on my health...and also the motivation to regularly attend the gym which I joined a year ago but never went regularly.”

— ESMMWL participant

NC Conference Offers a New Wellness Initiative for Active BCBSNC Health Plan Members & NC Conference Retirees

What is *Eat Smart, Move More, Weigh Less Online*?

- An evidence-based, 15-week weight management program developed by university and public health experts.
- Real-time, interactive, weekly sessions with personalized support and resources.
- Emphasis on lifestyle changes for eating and physical activity behaviors—NOT a diet.

What’s in it for you?

- Weekly classes accessible from home or anywhere on your mobile device with internet access and offered on a variety of days and times!
- Personalized support from a Registered Dietician Nutritionist instructor trained in weight management/behavior change.
- Fun and motivating classes in an interactive, real-time format.

Lesson Titles

Introduction	Check the Facts	Move Strong
Make Your Commitment	Enjoy More Fruits & Veggies	Start Smart
Re-think Your Drink	Right-size Your Portions	Tame the Tube
Eat Fewer Calories	Plan, Shop, Fix & Eat	Pack Smart Lunches
Move More	Eat Out Less	Keep Your Commitment

How’s it work?

- Pay only \$30 at the time of registration and receive a FULL REFUND for attending at least 10 out of 15 classes and meeting tracking requirements. Plus, completion of the program earns \$50 on the WIN program!
- Visit <https://esmmweighless.com/enroll-choose-a-class/> and enter the appropriate code below to receive the class for free. You will not be charged the \$235 general enrollment cost.
 - Active BCBSNC Health Plan members Voucher/Coupon code: **ASONCCUMC**
 - NC Conference Retirees Voucher/Coupon code: **ESMMWLNCUMC**

Next Class Starting Soon!

2019 Series Schedule

ESMMWL – 2019 Class Series Schedule	Jan 2019	Feb 2019	Apr 2019	May 2019	Aug 2019	Sept 2019	Oct 2019*
Starting Week	01/07/19	02/11/19	04/22/19	05/27/19	08/05/19	09/09/19	10/14/19
Ending Week	04/15/19	05/20/19	07/29/19	09/02/19	11/11/19	12/16/19	02/03/20
Deadline for Registration	01/04/19	2/08/19	04/19/19	05/24/19	08/02/19	09/06/19	10/11/19