

# INSURANCE NEWS



## **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 will be included in the enrollment packets, which will be mailed later in October.

## **New Eat Smart, Move More, Weigh Less Classes Start Soon!**

Participants covered by the Conference Health Insurance plan or NC Conference retired clergy and their spouses can attend weekly, hour-long classes online with a live, Registered Dietitian Nutritionist (RDN) instructor. Classes are accessible on computers or mobile devices, and are offered on a variety of days and times with a new series starting seven times each year.

**Upcoming Start Dates are October 11th, 12th, or 14th.** 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 Wellness Incentives (WIN) program!

To register, enter one of the following Voucher/Coupon codes at [ESMMWeighless.com](http://ESMMWeighless.com) and receive a discount (*you will **not** be charged the \$235 general enrollment cost*):

- Active BCBSNC Plan members – **ASONCCUMC**
- NC Conference Retirees – **ESMMWLNCCUMC**

## **Flexible Spending Account Reminder**

Don't forget to check your Flex Spending Account balances and to file for 2020 reimbursements! These claims should be sent to ProBenefits by **fax at 877-329-3539** or email at **claims@probenefits.com**.

A Flexible Spending Account creates additional take-home pay by converting common after-tax expenses (such as doctor's office co-pays, work-related child care, and eligible medical, dental, or vision expenses) to a pre-tax status. If you are not currently enrolled, consider this tax saving opportunity at this upcoming Open Enrollment in November.

Benefits Team NC—United Methodist Conference  
benefitsteam@nccumc.org  
nccumc.org/treasurer/insurance

919-779-6115  
nccumc.org/treasurer/pension

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