



Plan Well Live Well!

Well-being encompasses all aspects of an individual's life—physical, emotional, spiritual, financial, and more. As a lay employee of a parish, incorporated agency, or other participating institution of the Archdiocese of Philadelphia, you may be eligible for programs designed to enhance your well-being. These programs include benefit plans, such as medical and life insurance coverage, and the Wellness Rewards Program. **Choose these resources effectively so you can Plan Well to Live Well!**

MAKE CHANGES

You have the opportunity to change your benefit elections once each year—and the power to put your benefits to work for you every day! During Open Enrollment, you may change your Medical, Vision, Dental, or Life/AD&D elections, add/drop dependents, and change your beneficiaries. **Complete the Enrollment Form on the [Benefits Gateway](http://www.archphila.org/hrbenefits) (www.archphila.org/hrbenefits) and return it to your Benefits Coordinator.** You also can sign-up for voluntary benefits, such as short-term disability.

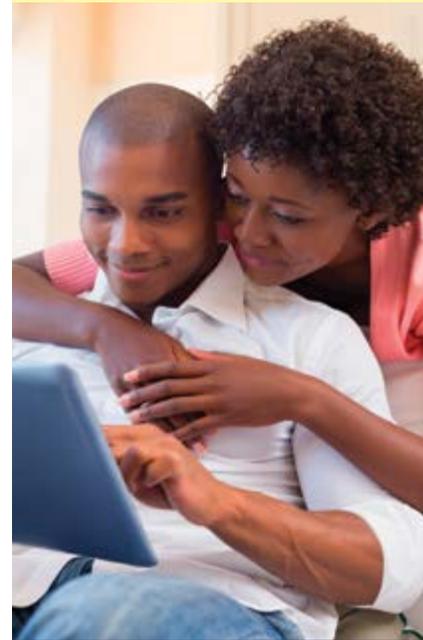
Remember: Changes take effect July 1. You may change your benefit elections outside of Open Enrollment only if you have a Qualified Life Event. You have 31 days from the date of the event to make changes.

403(b) RETIREMENT PLAN

This is a good time to consider your Retirement Plan elections, register to manage your account online, or designate a beneficiary. You can start saving, change how much you save, and change how your account is invested at vanguard.com/enroll or retirementplans.vanguard.com or by calling Vanguard at **1.800.523.1188**.

WHAT'S NEW

- Lower medical contributions... same benefit options.
- A new program from Independence Blue Cross (IBC) motivates you to *Plan Well to Live Well* while you earn rewards.



GO TO THE GATEWAY!

Check the [Benefits Gateway](http://www.archphila.org/hrbenefits) (www.archphila.org/hrbenefits) whenever you need information about your benefits. You can find detailed Plan Summary charts, brochures, forms, presentations, and more.



GET DI\$COUNTS

Did you know you can get a discount on **health improvement services** (gym memberships, fitness equipment, and weight management programs)? Pay less for **entertainment** (movies, events, theme parks) and **wireless** service? Would you like to receive a preferred **mortgage** rate? To learn more about these programs, check the **Other Benefits** section on the [Benefits Gateway](http://www.archphila.org/hrbenefits) (www.archphila.org/hrbenefits).

USE ibxpress.com AND EARN REWARDS

When you register for ibxpress.com, you will have convenient, secure access to your claims and coverage information. Plus, you can use a personalized set of resources, called **Achieve Well-being**, to:

- Keep your medical history secure, organized, and all in one place;
- Access an expansive library of health content;
- Use the Health Navigator to search symptoms; and
- Actively participate in an online program that breaks your health journey into small, manageable steps that lead to big results and **new financial rewards** (see Page 3).



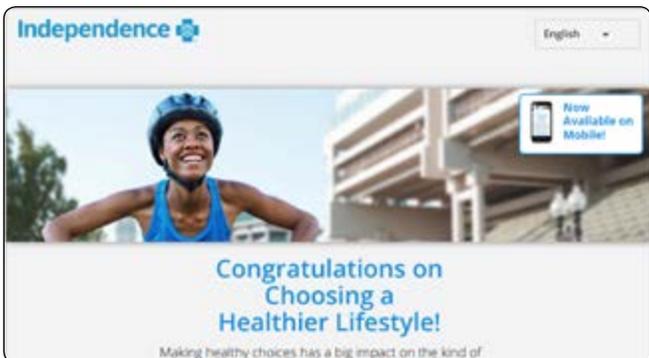
ibxpress.com

Download the IBX Mobile app for your iPhone or Android!



HAVE A BENEFITS QUESTION? GO TO THE GATEWAY!

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HEALTHY LIFESTYLESSM \$150 REIMBURSEMENT

IBC may provide up to a \$150 reimbursement each year for certain gym memberships or approved weight loss or tobacco cessation programs. Log in to ibxpress.com to learn more about how this program works.



ACTIVATE MDLIVE

When it's not possible to visit your doctor's office, retail clinic, or urgent care center, MDLIVE offers a convenient way to consult with a physician via secure video on your smartphone or other digital device. Save time by activating your account today, so you'll be ready to chat with a doctor when you need one. Go to mdlive.com/ibx, click **Activate Now**, and enter the information requested.



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NEW!**ACHIEVE WELL-BEING AND EARN REWARDS**

What's preventing you from reaching your health goals? Whether you want to eat healthier, manage stress better, be more active, or get more sleep, your goals are unique. Starting July 1, the Wellness Rewards Program will include IBC's Achieve Well-being tools. With new motivating, personalized tools from IBC, you can follow *your path* to achieve your goals—and earn a financial reward too!

This program takes effect July 1. We will be providing more information soon, but here's a quick look:

REGISTER AND COMPLETE YOUR PROFILE.

After you register on ibxpress.com, take 15 minutes to complete your Well-being Profile. You will receive a personalized report that details what you are doing well, suggests areas of improvement, and lists your focus areas. **If you complete the Well-being Profile now, you'll earn credit towards the new rewards program launching in July.**

CHOOSE YOUR PROGRAMS AND ACTIVITIES AND WORK YOUR PLAN.

To help you meet your goals, you create your personal Action Plan by choosing programs and daily activities in your focus areas. Your personalized well-being homepage will show your progress and results. You can even sync data from apps or devices like FitBit.

TAKE HEALTHY ACTIONS AND EARN A \$200 REWARD.

To help you stay motivated, you will earn credits for actions you take to improve and maintain your good health. **When you have earned 200 credits, you may redeem them for a \$200 gift card.**

