

# BECOME YOUR BEST SELF

for the

# MISSION


*As missionary disciples of Christ, we recognize God as the origin of life, giver of freedom, and source of all things. We are grateful for the gifts we have received and are eager to use them to show our love for God and for one another. Yet, sometimes, self-doubt, stress, or physical and emotional challenges can stand in our way. In those times, remember that God desires to heal your body, emotions, and spirit because He created you to thrive and live fully alive.*

## Open Enrollment...Live, Grow, Thrive

**Open Enrollment begins May 1.** Our employee benefit plans and other programs are designed to help you on your journey to fulfill your God-given desire for a balanced and healthy life. Open Enrollment is your once-a-year opportunity to update your health, disability, and life insurance benefit choices as of July 1. It's also a good time to review the full range of plans and resources available and to update your beneficiary or other information, as needed. We encourage you to learn about your options and use them wisely.

### UPDATES

The benefit options are not changing for 2023. Your share of the cost varies by location. You will receive more information about your contributions before you enroll.

 The two Aetna Dental options and the United Concordia Flex DMO will now cover orthodontia for children and adults. We are introducing a new Employee Assistance Program (see [page 3](#).)

If you are enrolled in one of the Medical Plan options, you and your covered spouse may register for the **Fit From Faith** health and wellness coaching program.

### WHO'S ELIGIBLE

You may be eligible for the benefits program if you are a lay employee of a parish, incorporated agency, or other participating institution of the Archdiocese of Philadelphia.

### How Do I Learn More or Make Changes?

Just go to the Archdiocesan Human Resources website: [archphila.org/archdiocesan-offices/aophr](http://archphila.org/archdiocesan-offices/aophr).

You can find the *Benefits Guide*, presentations, Plan Summary charts, and more. **The Enrollment Form is under Forms and Documents.**



## ENROLLMENT CHECKLIST

- Read this newsletter and the *Benefits Guide*. Review your current elections to determine if your coverage meets your current needs. To change your current elections, complete an Enrollment Form available online at [archphila.org/archdiocesan-offices/aophr](http://archphila.org/archdiocesan-offices/aophr) and return it to your Benefit Coordinator. You can save the form and complete it online (check the boxes and enter information).
- **If you do nothing**, your current benefits will roll over starting July 1. After July 1, you may change your elections during the plan year (July 1-June 30) only for certain life events, such as marriage or a new child.
- You may enroll or change your 403(b) Retirement Plan elections at any time at [vanguard.com/enroll](http://vanguard.com/enroll) or by calling **800.523.1188**. (Plan Number 094572).



### **Benefits That Protect Your Income**

Do you know about your options for additional disability and life/accident insurance? See the *Benefits Guide* for details.

## DENTAL BENEFITS

Starting July 1, three of the dental coverage options will cover orthodontia for adults as well as children:

- The **Concordia Flex PPO** and **Aetna Dental PPO** options will cover orthodontia up to a lifetime maximum benefit of **\$2,000** per person.
- The **Aetna DMO** will cover orthodontia at 100% after the applicable copay.
- The **Concordia DHMO** will continue to cover orthodontia for children up to age 19. Adult orthodontia **cannot** be covered under the terms of this plan's insurance contract.

## FIT FROM FAITH

**If you have Archdiocesan Medical Plan coverage**, you are eligible for the Fit From Faith health and wellness coaching program. This 16-week program is rooted in the Church's deep view of the human person, in particular, how we nurture and nourish the gift of life through which we serve the Lord and the world. The program was founded by Lindsay Fullerman, MA, PN2, SSC, who has an extensive background in health, wellness and theology.

Fit From Faith uses weekly lessons and optional group coaching sessions focused on practical and sustainable habits around nutrition, exercise, and spiritual wellness. You can learn more at <https://fitfromfaith.com/>. Registration opens August 1, but you may enroll at any time at <https://fitfromfaith.com/student-registration-form>. Your share of the cost (\$320) is due when you register.





## EMPLOYEE ASSISTANCE PROGRAM (EAP)

**Effective July 1**, we will have a new Employee Assistance Program (EAP) provided by Optum. If available at your location, this free, confidential resource offers Employee Assistance and Work/Life resources to you and your household members.

### EAP SERVICES

Here is an overview of covered services:

- **Face-to-face Counseling**—Three (3) visits available per event per year.
- **Financial Coaching**—Up to 60 minutes of free consultation (provided in 30-minute increments) with a credentialed financial coach for each financial issue.
- **Legal Counseling and Mediation Services**—Free 30-minute consultation with a state-specific attorney or qualified mediator per separate legal issue. Reduced fees after initial consultation.
- **Digital Self-Care Tools**—Discover solutions to help you manage stress, anxiety and other concerns all in one convenient location.
- **Talkspace**—Reach out to a licensed network EAP provider, 24/7; no appointments needed.
- **Virtual Visits**—EAP services can be delivered in the privacy and comfort of your home or wherever you choose, providing convenience and accessibility.

### WORKLIFE SERVICES

Resources available include:

- **Adult Care and Eldercare Support**—Grief/loss, retirement planning, adult daycare programs, financial and legal issues, and in-home/nurse care options.
- **Child and Family Support**—Childcare options, adoption resources, day/summer camps, emergency sick-child care, and parent/family support groups.
- **Chronic Illness and Condition Support**—Respite services, caregiving services, assistive technology, affordable-housing resources, and meal and transportation resources.
- **Convenience Services**—Pet services, traveling needs (business and leisure), car and home repair and maintenance, and shopping, dining and recreation recommendations.
- **Educational Resources**—Homeschooling, career counseling, adult education classes, individual educational plans, and school and college recommendations.



### *Easy Confidential Access 24/7/365*

Starting July 1, you can connect with Employee Assistance and Work/Life resources by calling **866.248.4096**, 24 hours a day/365 days a year. You also can log on at [liveandworkwell.com](https://liveandworkwell.com). You will need to use your Company Code (*coming soon*) to access services.

## CREDIT UNION, DISCOUNTS, AND MORE

PROGRAM/DISCOUNT	FEATURES	HOW TO CONTACT
<b>CREDIT UNION</b>		
<b>American Heritage Credit Union</b> available to all Archdiocese of Philadelphia employees	<ul style="list-style-type: none"> <li>• Credit Union membership, savings and checking accounts, credit cards, loans and full service realty agencies (37 local branches and 30,000 no surcharge ATMs)</li> <li>• Free money management and financial education services</li> </ul>	Visit <a href="http://americanheritageCU.org/archdiocese">americanheritageCU.org/archdiocese</a> For questions or to become a member, contact Kevin Shotwell at <b>267.908.0517</b> or <a href="mailto:kshotwell@amhfcu.org">kshotwell@amhfcu.org</a> . Say you are an employee of the Archdiocese of Philadelphia.
<b>HEALTH IMPROVEMENT</b>		
<b>Blue365®</b> (for Medical Plan participants)	<ul style="list-style-type: none"> <li>• Discounts for fitness centers, nutrition and weight management programs, laser vision correction, parent and senior care, hearing aids, and fitness apparel</li> </ul>	You can access the Blue365 website through <a href="http://ibxpress.com">ibxpress.com</a>
<b>HUSK Wellness</b>	<ul style="list-style-type: none"> <li>• Provides access to discounts for comprehensive fitness, nutrition, and other wellness resources</li> </ul>	<b>1.800.294.1500</b> <a href="https://marketplace.huskwellness.com/archphila">https://marketplace.huskwellness.com/archphila</a> to login or activate benefit
<b>ENTERTAINMENT/WIRELESS SERVICE</b>		
<b>Orlando Employee Discounts</b>	<ul style="list-style-type: none"> <li>• Discounts on hotels and vacation homes, Red Lion Resort, and certain Disney World and Universal Orlando tickets</li> </ul>	<b>1.888.632.1103</b> <a href="http://OrlandoEmployeeDiscounts.com">OrlandoEmployeeDiscounts.com</a> Member Login: archdiophila
<b>Plum Benefits</b>	<ul style="list-style-type: none"> <li>• Discounted tickets to Broadway shows, hotels, movies, theme parks, vacations, and more</li> </ul>	<a href="http://plumbenefits.com/">plumbenefits.com/</a> Company Code: ARCHPHILA215
<b>Six Flags Great Adventure &amp; Safari</b>	<ul style="list-style-type: none"> <li>• Discount on all tickets</li> </ul>	<a href="http://sixflags.com/partnerlogin">sixflags.com/partnerlogin</a> User Name: Archphila Password: SixFlags1 (case/number sensitive)
<b>Wireless Service</b>	<ul style="list-style-type: none"> <li>• Discounted rates for AT&amp;T or Verizon</li> </ul>	Show employee ID or pay stub at store
<b>TUITION DISCOUNTS</b>		
<b>Villanova University</b>	<ul style="list-style-type: none"> <li>• 50% tuition discount for Master of Science in Church Management (2-year online program)</li> </ul>	<b>610.519.6015</b> <a href="http://churchmanagement.villanova.edu">churchmanagement.villanova.edu</a>
<b>Widener University Collegiate Partnership</b>	<ul style="list-style-type: none"> <li>• 20% tuition discount for MBA, MSW, or RN-BSN degrees through online "Flexible" degree program</li> </ul>	<b>1.844.386.7321</b> <a href="http://widener.edu">widener.edu</a>