



*"I praise you, God, for I am fearfully and wonderfully made." ~Psalm 139:14*

*God desires each of us to love and live fully alive—whole in mind, body, and spirit. But, we are not alone on our journey. This newsletter reviews benefit programs that can help you and your family get well and live well, including improved Teladoc Health resources to connect you with the care you need—when you need it.*

## Open Enrollment...Choose, Connect, Thrive

If you are a lay employee of a parish, incorporated agency, or other participating institution of the Archdiocese of Philadelphia, you may be eligible for the benefits program. During the enrollment period that begins **May 6**, you may change your health coverage elections and/or enroll for additional disability or life/accident insurance. The *Benefits Guide* reviews the options that may be available (benefits vary by location).

### What's New?

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

**If you have Personal Choice HDHP coverage,** the deductible will be increasing to \$1,750 for single coverage or \$3,500 for family coverage due to a change in IRS regulations. Your employer will contribute 50% of the single deductible (\$875)—and their contribution may be more if they share the cost of family coverage.

### Making Changes

**If you want to change your elections,** complete an Enrollment Form 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.

This also is a good time to update your beneficiary or other information as needed. You may enroll or change your 403(b) Retirement Plan elections at any time at [vanguard.com/enroll](https://vanguard.com/enroll) or by calling **800-523-1188** (Plan Number 094572).



### For More Information

You can find the *Benefits Guide*, Plan Summary charts, Enrollment Form, and more on the Archdiocesan Human Resources website:

<https://archphila.org/hr/>.

If you have questions about the benefits program, please contact your Benefit Coordinator or call the Human Resources staff at the Archdiocese Pastoral Center at **215-587-3910**.



## DON'T FORGET...CONNECT

Don't forget about your benefits after you enroll! Learn more about the programs available, such as health coaching, routine dental and vision exams, and resources to help you manage your finances and build income for your future. Then, use your benefits wisely throughout the year as you need them. See the *Resources* page at the end of this newsletter.



## CONNECT WITH TELADOC HEALTH

For 2024, Independence Blue Cross chose Teladoc Health (Teladoc) to provide telemedicine virtual care services (replacing MDLIVE).

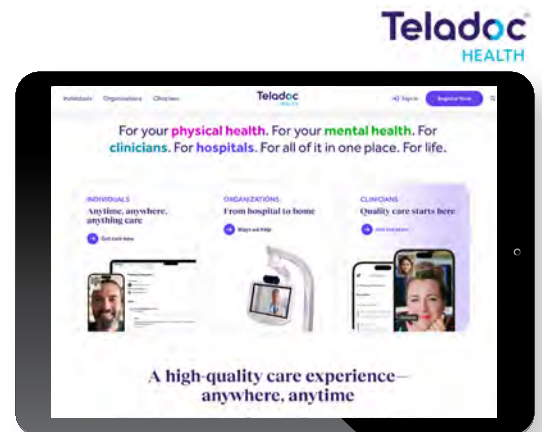
### Why Use Teladoc?

**Teladoc virtual care makes your life easier.** When you connect with Teladoc, you can receive quality care from wherever you are, whenever you need it, 24/7 by phone or video. Generally, Teladoc virtual visits are covered at **100% with no copay** (after the deductible for the Personal Choice HDHP option). Copays for prescriptions or certain other services would apply.

### What Care Does Teladoc Provide?

Teladoc provides easy access to routine care and resources to help you manage complex conditions, such as diabetes and hypertension (you may know some of these services as Livongo). After you register, you can access these services:

- **Non-Emergency Care**—Talk with a board-certified doctor who can diagnose and treat conditions such as sinus infections, flu, sore throats, allergies, earaches, pink eye, and more. If needed, the doctor can send a prescription right to your pharmacy.
- **Condition Management**—Teladoc provides access to certified health coaches and support from physicians and specialists to help manage conditions like diabetes, hypertension and weight. The program also provides access to health-monitoring devices, such as glucose monitors and blood pressure cuffs.

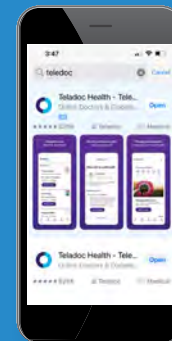


## How Do I Use Teladoc?

- **Activate Your Account**—Set up your Teladoc account today so it's ready to use when you need it. Get your IBC member ID card so you can verify eligibility and then sign up online at <https://www.teladochealth.com/> or download the Teladoc mobile app or call **1-800-835-2362**. You will need to fill out a brief medical history as you would at a doctor's office. **If you used MDLIVE, you need to register again.**
- **Choose a Doctor**—Choose from a large network of board-certified doctors.
- **Get Care**—Receive the care you need—when you need it! You can schedule an appointment for a particular time or request an on-demand visit for a more urgent need. You'll have the option to have your visit by phone or video chat.

## What About...?

- **Traveling**—Teladoc is available in all 50 states, so you can use the service from anywhere in the United States. Some restrictions may apply.
- **Coordinating with Your PCP**—Teladoc doesn't replace your primary care physician (PCP). You can use Teladoc for non-emergency conditions when it's not convenient to get to the doctor or it's outside of regular office hours. With your consent, Teladoc will share summaries of virtual visits with your PCP.
- **Details**—For other questions, call Teladoc at **1-800-835-2362** (Teladoc).



## Mobile App

Downloading the mobile app is the easiest way to talk to the right healthcare professional. [Watch this short video](#) to see how it works.



## EMPLOYEE ASSISTANCE PROGRAM (EAP)

If offered at your location, the Employee Assistance Program (EAP), provided by Optum, offers free, confidential counseling and referral programs to you and your household members. The range of services provides include:

- Face-to-face counseling (up to three (3) visits per event per year).
- Financial coaching, legal counseling and mediation consultation services.
- Caregiving and support/referral resources, such as adult daycare programs, in-home/nurse care options, child care options, adoption resources, day/summer camps, emergency sick care, and parent/family support groups.
- Chronic illness and condition resources related to caregiving services, assistive technology, affordable-housing resources, and meal and transportation services.
- Educational resources include information about home schooling, career counseling, adult education classes, individual educational plans, and school and college recommendations.

# Optum

**Easy Confidential**  
**1-866-248-4096**

**24 hours a day/  
365 days a year**

Say you are an employee of the Archdiocese of Philadelphia. You also can access resources online at [www.liveandworkwell.com](http://www.liveandworkwell.com) (use *ArchPhilly* as the company code).

## RESOURCE CONNECTIONS

PROGRAM/DISCOUNT	FEATURES	HOW TO CONTACT
<b>HEALTH PLANS AND EMPLOYEE ASSISTANCE PROGRAM</b>		
<b>Medical</b>	<ul style="list-style-type: none"> <li>Independence Blue Cross Medical Plans (HDHP, PPO, POS, and HMO)</li> </ul>	<b>1-800-275-BLUE (2583)</b> <a href="http://ibx.com/archdiocese">ibx.com/archdiocese</a> • <a href="http://ibxpress.com">ibxpress.com</a> (requires you to register)
<b>Davis Vision</b>	<ul style="list-style-type: none"> <li>Coverage included with PPO, POS, and HMO; stand-alone coverage available</li> </ul>	<b>1-800-999-5431</b> <a href="http://davisvision.com">davisvision.com</a>
<b>Dental</b>	<ul style="list-style-type: none"> <li>Options available from Aetna or United Concordia (UCCI)</li> </ul>	Aetna: <b>1-877-238-6200</b> (DPO or DMO) <a href="http://aetna.com">aetna.com</a> United Concordia: <b>1-800-332-0366</b> for PPO or <b>1-866-357-3304</b> for DHMO <a href="http://Ucci.com">Ucci.com</a>
<b>Employee Assistance Program (EAP) with Optum</b>	<ul style="list-style-type: none"> <li>If offered at your location, the Optum EAP offers free, confidential resources to you and your household members</li> </ul>	<b>1-866-248-4096</b> (24/7 confidential access) <a href="http://www.liveandworkwell.com">www.liveandworkwell.com</a> (use ArchPhilly as company code)
<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</li> <li>Free money management and financial education services</li> </ul>	<a href="http://americanheritageCU.org/archdiocese">americanheritageCU.org/archdiocese</a> For questions or to become a member, contact Joseph Littman at <b>215.370.7088</b> or <a href="mailto:jlittman@amhfcu.org">jlittman@amhfcu.org</a> . Say you are an employee of the Archdiocese of Philadelphia.
<b>HEALTH IMPROVEMENT (fitness, nutrition, wellness)</b>		
<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</li> </ul>	<a href="http://plumbenefits.com/">plumbenefits.com/</a> Company Code: ARCHPHILA215
<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 program</li> </ul>	<b>1-844-386-7321</b> <a href="http://widener.edu">widener.edu</a>

