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# Benefits of Caring

## Summer 2021 Newsletter



### Summer's Here — and so are Benefits and Savings. Discover Offerings and Catholic Health Updates

Read this newsletter to find information on the important benefits and programs offered to you as a Catholic Health employee.

- **On this page**, discover the benefits of using the **MyCHSRx Pharmacy**, check out the **hearing aid discounts and savings offered through Davis Vision** and read our **sun safety tips**.
- On **page 2**, read about how to designate and review your beneficiaries for **Employee Life Insurance and AD&D, Retirement and Pension plans, and Critical Illness, Hospital Indemnity and Accident coverage with AD&D**.
- On **page 3**, find out how **Conifer personal health nurses** can help you manage acute illness and chronic conditions.

### Big Savings With MyCHSRx!

Using MyCHSRx Pharmacy, you can save significant costs on your prescriptions...and a trip to the pharmacy! Take advantage of same- or next-day delivery to a Catholic Health workplace or your home, free of charge.

Most specialty medications are available through MyCHSRx. In addition, you can get a three-month supply of your regular medications for the cost of just two months. For your convenience, payment can be made through payroll deduction or by credit card.

Just ask your physician to e-prescribe your prescriptions to MyCHSRx Pharmacy in Bethpage. Call (516) 207-7100 or email MyCHSRx@chsli.org for more information.

### Practice Sun Safety This Summer

The best ways to prevent skin cancer are to avoid the sun from 10 a.m. to 4 p.m., wear sunscreen daily with a Sun Protection Factor (SPF) of 30 or more, shade your skin with a hat and protective clothing, and to talk with your provider about marks or spots on your skin that concern you.

#### WANT TO PROTECT YOUR HEALTH MORE?

Personal Health Management (PHM) from Conifer Health Solutions is a great option for you and your family's health needs. Read more about the PHM program and find out how to contact a personal health nurse on page 3.

## Soak Up Your Summertime Savings!

**This summer, the ways to save are endless!** With your Catholic Health Discount Program, you can discover exclusive discounts on summer apparel, travel, outdoor activities, and more!



Check it out today:  
[chsli.perkspot.com](https://chsli.perkspot.com)

## Hear Better and Save More on Hearing Aids With Davis Vision

**DID YOU KNOW THAT ENROLLMENT IN THE DAVIS ENHANCED VISION PLAN INCLUDES DISCOUNTS ON HEARING AIDS?**

**Your Davis Vision hearing health care discount plan includes:**

- A wide selection of digital hearing aids from multiple manufacturers
- Up to 40% savings compared to national average selling prices
- Four year limited warranty and four year FREE battery supply
- 60-day satisfaction guarantee and a \$200 mail-in-rebate on top-rated hearing aids

- All levels of technology, from essential to advanced and premium
- All styles of hearing aids, including discrete inner ear models and the popular mini receiver in-the-canal
- An array of colors to meet your preferences
- Bluetooth, smart phone compatible, wireless and rechargeable models
- 10% discount on accessories, such as TV streamers

**Schedule your consultation with a local hearing care professional today.** Visit [davisvision.yourhearing.com](https://davisvision.yourhearing.com) or call 1 (888) 809-0044 for more information and to book your free hearing exam.

**Not enrolled in the Davis Enhanced Vision Plan, but interested in enrolling?** Make a reminder on your calendar to enroll during the Annual Open Enrollment period this fall for coverage in 2022.

## Designate and Review Your Beneficiaries

Your benefits plan includes many instances where you must designate a beneficiary, the person who becomes the recipient of benefit payments in the event that you are unable to receive them. We recommend that you review your beneficiary information on an annual basis to make sure funds go to the individual (or estate) that you intend and that your wishes are carried out.

You may designate a beneficiary(ies) for multiple benefits, but how you designate your beneficiary depends on the particular plan. You may designate different beneficiaries for different plans, and the beneficiary designations you make for one plan do not apply towards another plan. It is important that you take the time to designate beneficiaries for each plan type in which you are enrolled.

### HOW TO UPDATE YOUR BENEFICIARIES FOR: Employee Life Insurance and AD&D:

All benefit-eligible employees are enrolled in Basic Employee Life Insurance and Accidental Death & Dismemberment (AD&D) coverage in the amount of 1x your eligible pay at no cost to you.

To review your current beneficiary designation, if you have one, please visit the MyHR section of the Catholic Health intranet and within the Benefits section, under the Benefit Information bullet, click on View/Update Beneficiaries to log into Self-Service.

If you do not have an existing designation, or are looking to update a current beneficiary, you can do so on the Self-Service Beneficiaries screen. Click on the Add Individual or Add Trust button, and follow the instructions to add your primary (and contingent, if applicable) beneficiary(ies).

You can designate multiple primary beneficiaries, as well as multiple contingent beneficiaries. If designating multiple primary beneficiaries, please be sure that the combined percentage value of all primary beneficiaries equals 100%. If designating multiple contingent beneficiaries, please be sure that the combined percentage value of all contingent beneficiaries equals 100%.

### Pension:

The Pension Plan is managed by the Diocese of Rockville Centre. The Pension Beneficiary Designation Form can be found on the Catholic Health intranet on the MyHR screen by clicking the link for 403(b), Pension Information & Retirement Information in the Benefits section.

### 403(b) Retirement Plan:

If you have a 403(b) account with Fidelity, please use the following instructions to designate your beneficiary(ies):

- Use the Designate Your Beneficiary QR code on the right.
- Fidelity's member portal ([www.netbenefits.com/atwork](http://www.netbenefits.com/atwork)). Log in, then click the Menu button in the top left and select the Beneficiaries box.

### Designate Your Beneficiary



### Critical Illness, Hospital Indemnity and Accident coverage with AD&D:

If you are enrolled in the Critical Illness, Hospital Indemnity, and/or Accident coverage with MetLife, you may designate a beneficiary(ies) by completing a beneficiary form. To obtain a MetLife beneficiary form, you can either:

- Contact the MetLife call center at 1-866-626-3705 to request a beneficiary form be mailed to you.
- Download a beneficiary form online on the MyBenefits portal (<https://mybenefits.metlife.com>).

Please keep the following in mind:

- A beneficiary must submit a death claim to receive benefits if approved.
- All beneficiary changes must be received while the individual, upon whose death payment of the death benefit is triggered, is alive.
- A participant may change their beneficiary at any time.
- Completed requests to change the beneficiary will replace all existing beneficiary designations on file for the product(s) specified by the participant. No assumptions will be made that beneficiary elections not specifically addressed in the most recent change should carry forward.
- If no beneficiary is ever designated, any benefits claimed will be paid to the deceased participant's estate.

### REVIEW AND UPDATE EMERGENCY CONTACTS

While updating your beneficiary designations you should also consider reviewing and updating your emergency contact information on file with Catholic Health. To review your current emergency contact(s), please visit the MyHR section of the Catholic Health intranet and within the My Employment section, click on View/Update Emergency Contacts to log into Self-Service. Follow the instructions on the screen to add or change emergency contact information.

## Need Help Managing Your Health? Call Our Personal Health Nurses

Conifer Health Solutions provides Personal Health Management (PHM) services to Catholic Health plan members. PHM is a free, confidential program offering a variety of services—from helping you find an in-network physician who is suited to your individual needs at any time, to working with you and your healthcare team to help facilitate the high-quality care you need to improve and maintain your health. Personal health nurses are available to help you and your family member(s) manage daily health and navigate acute illness.

The Conifer clinical team is composed of full-time nurses who are credentialed and certified through state laws and professional groups. Conifer clinical guidelines are reviewed regularly by nationally-recognized practicing physicians.

Whether you are suffering from chronic or complex medical conditions or experiencing an acute illness, a personal health nurse may be able to help. If you qualify for the program, a nurse will call you to provide key information about the program and to discuss your healthcare needs. If you choose to enroll in the program, the nurse will serve as your healthcare advocate—helping you live a healthier life through personalized, convenient support.

**To utilize the services offered through the PHM program, you may contact a personal health nurse directly at 1-800-459-2110.**

Conifer Health Solutions is a national leader in personal health management and healthcare technology. Throughout the personal health management program, your medical information is handled in a confidential and professional manner and will not be shared with your employer or anyone else without your consent.

### PERSONAL HEALTH MANAGEMENT MEMBER STORIES

Don't just take our word for it—read how PHM has helped members navigate their health conditions with the help of dedicated nurses. The following is an example of how a member became involved with PHM and the ways in which the program enhanced their care.

### Pam, a 55 year old woman, was suffering from chronic back pain and having no relief from physical therapy or medications.

Pam's back pain was interfering with her ability to work, complete her activities of daily living, and negatively impacting her quality of life.

A Conifer nurse found Pam an **in-network Catholic Health Orthopedic surgeon** who specialized in back surgery. After appropriate testing was completed, surgery was recommended.

The Conifer nurse was able to **educate and support** Pam throughout this process and address her concerns related to surgery.

After being fully educated on the procedure, the benefits vs risks, and the recovery, Pam decided to have the surgery **performed at St. Francis Hospital and Heart Center**. She is now recovering and doing well.

