

# Benefits of Caring

## Summer 2022 Newsletter



## This Summer, Your Benefits Are Working For You. Learn About Our Summer Offerings and News

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

- **On this page**, learn about how you can save by choosing a physician in the **Catholic Health Physician Partners Network**, find out how you can access support from professional counselors in the **Work/Life Assistance Program**, and read about virtual care visits with **Catholic Health eVisit™**.
- On **page 2**, discover the benefits of using the **My CHS Rx Pharmacy**.
- On **page 3**, learn about the reproductive health services provided by the **Gianna Center for Women's Health and Fertility**.
- On **page 4**, find out how **Conifer personal health nurses** can help you manage acute illness and chronic conditions.
- On **page 5**, join the **2022 Marcum Workplace Challenge** for a fundraiser walk/run and read about how you can connect with a **Fidelity Investments retirement planner** to answer your questions about the 403(b) retirement plan.

## Seeking Care With Catholic Health Physician Partners

When you choose a physician in the Catholic Health Physician Partners network, you can rest assured knowing that you're receiving the best care at the lowest copay. Copays for Physician Partner Providers are considered Tier 1, and are therefore \$0 for primary physician and specialist office visits, preventive care, and even inpatient and outpatient care.

To see your savings at Catholic Health Physician Partners (Tier 1), visit [www.benefitsquest.com/chsli/](http://www.benefitsquest.com/chsli/) and click on Benefits > Medical & Rx.

Wondering who's included in the Physician Partners Network? To search for a doctor in the Catholic Health physician partners directory, visit [www.empireblue.com/CHS](http://www.empireblue.com/CHS) and click on Benefits > More Enrollment Materials > Catholic Health Tier 1 Doctors.

Please note that the Catholic Health Physician Partners network is subject to change. Please be sure to confirm with the provider at the time of making your appointment that they are in the Catholic Health Physician Partners Network and that there will be no copay for the visit.

## Your Work/Life Assistance Program Provides Extra Support

To help you make time for what matters most, Catholic Health offers you and your family access to the Work/Life Assistance Program provided by CCA, Inc. Available any time, any day by phone, online or in person, CCA offers live assistance from a professional counselor—as well as a rich web-based library of practical sources—to provide support for any work, personal, childcare/eldercare or everyday issue that's important to you and your family.

Your interactions with CCA counselors are always 100% free and confidential. To speak with a counselor, call toll-free at 800-833- 8707 or login at [www.myccaonline.com](http://www.myccaonline.com), login code: **CHS**.

## Three must-haves as recommended by Catholic Health eVisit™ when heading out this summer:

1. Insect repellent—to protect against disease carrying mosquitoes and ticks
2. Sunscreen with UVA and UVB protection, such as broad spectrum SPF 30+
3. A Catholic Health eVisit™ account—to get a virtual care visit wherever you go, all summer long

Get the Catholic Health eVisit™ mobile app on Google Play or the App Store, and register yourself and your loved ones today so you are prepared and can skip this step later.

To access care from any location:

1. Call your Catholic Health Physician Partners doctor and ask to connect using Catholic Health eVisit™.
2. Or go directly to the Catholic Health eVisit™ app to request a visit with a provider 24/7.

**Create an account or log in at [CatholicHealthTheVisit.org](http://CatholicHealthTheVisit.org).**

# My CHS Rx

## Pharmacy

### Catholic Health employees get more with My CHS Rx

My CHS Rx customers include residents across Long Island, our patients and you—our employees. We offer big savings over other pharmacies, free delivery and a distinctive commitment to serve.

As a Catholic Health employee, you enjoy the same benefits as all My CHS Rx customers, but you get more.

#### More savings

All My CHS Rx customers can save on their medications compared to other pharmacies. However, as an employee covered under a Catholic Health medical plan, you can order a 90-day supply of a medication through My CHS Rx and you get it for the same copay as a 60-day supply. That's 30 days free!

#### More delivery

You have several delivery options, including free delivery to any Catholic Health hospital, Catholic Health in Rockville Centre, and the option to pick up your order at any Catholic Health inpatient hospital pharmacy. Home delivery is available for remote and non-hospital based employees.

#### More customer service

You can make your My CHS Rx copays seamlessly by payroll deduction. If you prefer, you can pay for your order by credit card. In addition, you can opt to receive text message alerts about your prescription and My CHS Rx savings.

Our Bethpage staff manages the orders for all Catholic Health employees. As professional pharmacists, they can provide free counseling on your medication. Be assured that they observe the same privacy practices with you—our own employees—as they do to with all other My CHS Rx customers, who include our patients and residents across Long Island.

Using My CHS Rx is easy.

To learn more and discover how to transfer your prescriptions, visit the “Get Started” tab at

[intranet.chsli.org/my-chs-rx](https://intranet.chsli.org/my-chs-rx)

Questions: [MyCHSRx@chsli.org](mailto:MyCHSRx@chsli.org)

#### Big savings



#### Free delivery



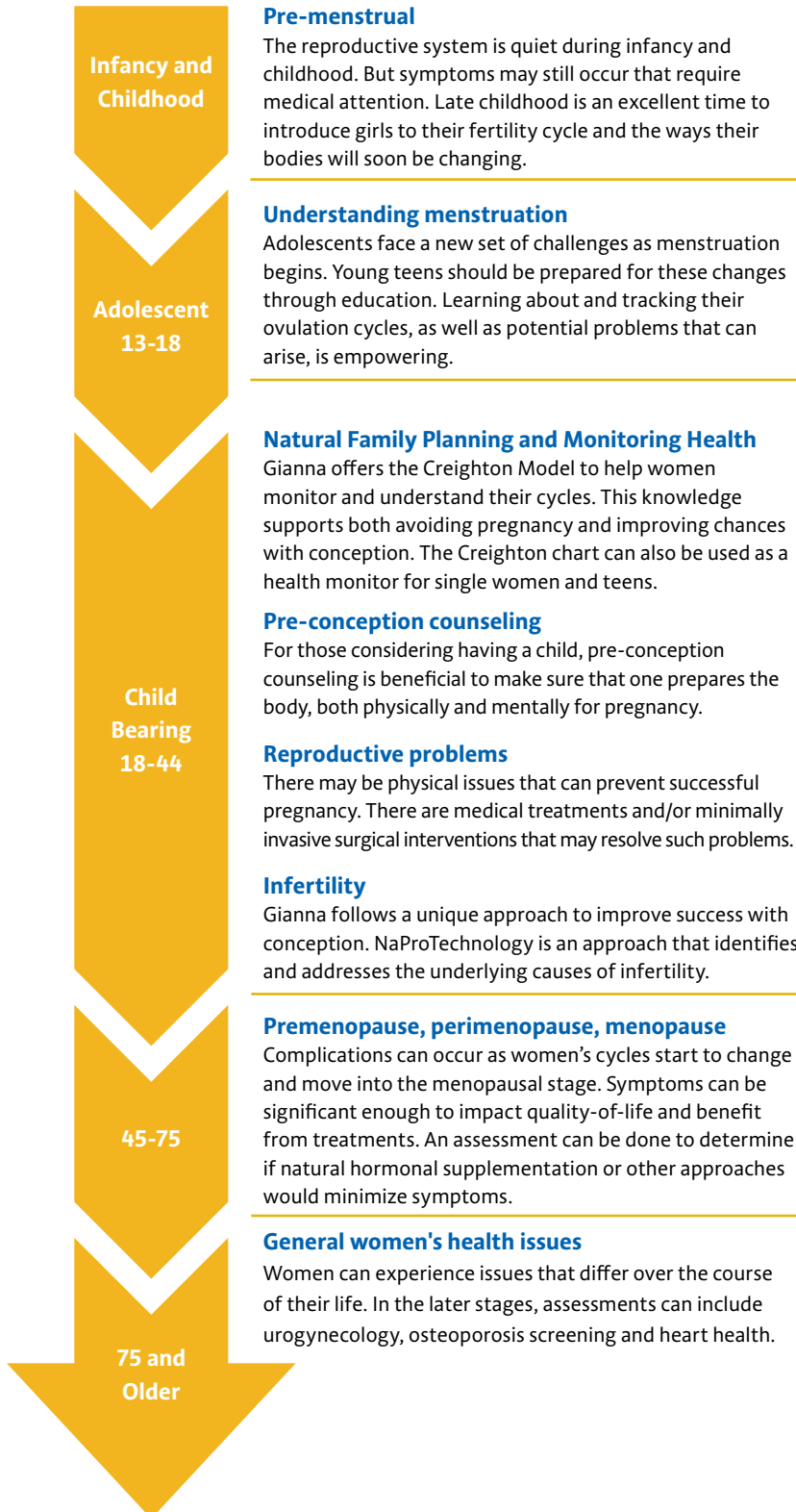
#### Customer service



# Women's Health

## REPRODUCTIVE NEEDS THROUGH LIFE'S STAGES

A woman's health needs change over the course of her life. This is especially true with respect to her reproductive health. Both normal and abnormal hormonal changes occur, with many women experiencing symptoms requiring medical attention.



**Anne Nolte, MD**  
Medical Director  
Gianna Center for Women's Health and Fertility

Dear Catholic Health Employees,

The human reproductive system is a miraculous system that cannot be taken for granted. It is a complex system that can be disrupted by a wide range of issues. Even a minor problem that can be easily treated can be devastating and impact quality-of-life. The Gianna Centers are unique in providing care that goes beyond fertility and has applications that span the continuum of a woman's life from adolescence through the child-bearing years. This includes clinically-based, holistic approaches to the challenges that can arise in the later stages through menopause.

### GIANNA CENTER LOCATIONS

661 Deer Park Avenue  
Babylon, NY 11702  
(631) 376-3232

2000 North Village Avenue, Suite 204  
Rockville Centre, NY 11570  
(516) 705-1148

15 East 40th Street, Suite 101  
New York, NY 10016  
(212) 481-1219

## 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.

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.

**To utilize the services offered through the PHM program, you may contact a personal health nurse directly at 1 (866)-821-7021.**

## Conifer 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 are examples of how members became involved with PHM and the ways in which the program enhanced their care.

**Scott is a 57-year-old male** with chronic neck pain radiating into his shoulders and hands. His pain was becoming progressively worse to the point he could no longer function in his day-to-day life. He was outreached by a Conifer Nurse who assisted him in coordinating services to an in-network Catholic Health Facility at St. Charles Hospital. Scott's nurse provided him with several options for pain management providers. Once he chose his provider, his nurse worked with his pain management provider to coordinate a pain injection. Scott now reports he "feels great!" He is able to manage his pain independently and enjoy his life.

**Lacey is a 58-year-old female** with uncontrolled diabetes. She was confused by her medication regimen and was not checking blood sugars at home. She knew her last HgbA1c was elevated over 7%, but she did not have any follow-up appointments scheduled with her primary care provider. A Conifer Nurse reached out to Lacey to see if they could assist with improving her health. Her nurse encouraged her to begin monitoring blood sugars, start a home exercise program, and follow a consistent carbohydrate diet. She also coordinated a PCP follow-up visit for Lacey. Over the next few weeks, Lacey followed the support and guidance from her nurse and was able to implement changes that lowered her HgbA1c to 5.2%, a normal range. She is exercising, taking her medications, and is beginning to work on weight loss. With the support of her Conifer Nurse, Lacey now feels in control of her health.

**Jim is a 61-year-old male** who suffers from anxiety, depression, insomnia, fatigue, and frequent racing thoughts. He was referred to a Conifer Nurse because he was in need of a behavioral health provider. Jim's nurse worked with him to coordinate an outpatient behavioral health program with an in-network psychiatric provider. Jim needed a lot of support during this period and his nurse was there to help. She provided education on his medications and supportive topics such as positive thinking, ways to reduce stress, and meditation. Jim now reports his overall mood has improved, he has a decrease in his anxiety, and he no longer feels hopeless. Jim recently told his nurse he is excited about planning to return to work.

PUT ON YOUR RUNNING SHOES AND JOIN US AT THE

# 2022 Marcum Workplace Challenge

Tuesday, August 2, 2022

## JONES BEACH STATE PARK, ZACH'S BAY

Build camaraderie, network, and get active!

Join more than 200 companies and participate in this 3.5-mile fundraiser run/walk. Catholic Health hosts the event for all entities and provides complimentary food and beverages.

All participants will receive a Marcum Challenge T-shirt and swag bag.

### ENTRY FEES:

\$35 July 1 - July 29

\$40 July 30 - August 2

- Open to family and friends.
- All participants MUST be 18 years of age or older.

### TO REGISTER:

Scan the QR code with your camera phone or visit [www.marcumworkplacechallenge.com/registration](http://www.marcumworkplacechallenge.com/registration), click on the button to "Join a Team" and search for the Team Name of your hospital or entity.



## Retirement Solutions From Fidelity Investments®

### TALK OR VIRTUALLY MEET WITH A RETIREMENT PLANNER

Fidelity is experienced in helping people plan for their financial futures. Fidelity can help with basic budgeting to complex financial situations. Call (800) 642-7131 for planning, advice, and appointments, or call (800) 343-0860 for general transactions and information.

Visit [Fidelity.com/schedule](https://www.fidelity.com/schedule) or text "MeetFidelity" to 343-898 to schedule your one-on-one appointment.

**Serena Cole** is your Fidelity Workplace Financial Consultant dedicated to Catholic Health. She can help you plan for your financial future including budgeting, discussing options for prior employer retirement plans, and assisting with more complex financial situations. Scan the QR code to schedule a time to meet or attend a learning event.

Choose a savings approach that suits you today—and adjust it any time to fit your changing needs. To enroll or make adjustments, visit [NetBenefits.com/Easy](https://www.netbenefits.com/easy) or text "Start" to 343-898.



### SCHEDULE A VIRTUAL APPOINTMENT WITH A HANYS RETIREMENT EDUCATOR

HANYS Retirement Educators are available every day for virtual one-on-one appointments! To schedule a meeting with:

- Kentrel Herbert: Scan QR code, visit [calendly.com/hbsedu4/kentrel](https://calendly.com/hbsedu4/kentrel), call (631) 495-0318, or email [kherbert@hanys.org](mailto:kherbert@hanys.org).
- John Rosenfeld: Scan QR code, visit [calendly.com/hbsedu6/john](https://calendly.com/hbsedu6/john), call (914) 907-3791, or email [jrosenfe@hanys.org](mailto:jrosenfe@hanys.org).

*This link or QR code brings you to Calendly's website, which is subject to Calendly's own terms and privacy policies. We encourage you to read them. HBS is not responsible for any issues that arise from your use of Calendly's website.*



Kentrel



John







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Melville, NY 11747

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## Summer Discounts Mean Big Savings

**Summer savings and discounts are here!**

Find deals from some of your favorite brands, explore financial planning services, browse entertainment and vacation packages (and more!) by checking out your Catholic Health Discount Program.

**Check it out today:**

**[chsli.perkspot.com](https://chsli.perkspot.com)**

