

Benefits of Caring

Spring 2023 Newsletter



This Spring, Get the Most Out of Your Catholic Health Benefits

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 emotional health program **MyStrength**, find out how **LiveWell** can help you realize your well-being goals, and join your colleagues for the **Empire State Ride**.
- On page 2, learn about how **Conifer personal health nurses** can help you manage acute illness and chronic conditions, and read about our leave of absence partners, **Reliance Standard Life Insurance Company and Matrix Absence Management**.
- On page 3, read about **primary care providers and the importance of preventive care**, learn why **designating your beneficiaries** is a smart move, and engage with **Employee Self-Service**.
- On page 4, find out how **Davis Vision by MetLife** provides vision and hearing benefits.
- On page 5, uncover the details on why flossing matters and consider the impact of rethinking your **403(b) retirement** contribution through Fidelity.

Get the Emotional Health Support You Deserve With MyStrength

Discover myStrength, a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

MyStrength empowers you with:

- **Personalized plan.** Answer a series of questions, and myStrength will create a plan designed just for you.
- **Teletherapy your way.** Connect with a licensed therapist of your choice by appointment 7 days a week from the comfort of home.
- **Recommended digital content and resources.** Explore self-guided activities and tools based on your goals and needs.

Get started: You can join by visiting MyStrength.com/Start/CHSLI or call 800-945-4355 and use registration code: CHSLI

Catholic Health Makes It Easier to LiveWell

LiveWell is Catholic Health's comprehensive wellness program designed for employees and their dependents. From primary care to support for emotional stress, your health matters—to us and to our valued patients. The resources below will help you maximize your well-being, as well as save you money.



- One of our offerings is our Diabetes Management Program. Both diabetes and pre-diabetes are highly prevalent conditions, leading to costly treatment. Catholic Health wants to make it easier to manage—and, ideally, avoid—this debilitating condition. To inquire about this program, please call 631-465-6060 or email employeeedm@chsli.org.
- Through MyCHSRx, Catholic Health's pharmacy, you can enjoy big savings over other pharmacies, free delivery and dedicated service. To contact MyCHSRx, please call 516-207-7100.
- MyStrength is a mental health platform with many resources, including teletherapy.
- The CCA Employee Assistance Program (EAP) provides comprehensive lifestyle benefits.

To navigate to the LiveWell page on the Catholic Health intranet, click on System Departments > MyHR, and select the LiveWell box on the right. Please take advantage of the valuable services LiveWell offers you and your family.

Join the Empire State Ride for Summer Fun and a Good Cause

The Empire State Ride returns on Saturday, July 22. Join our President & CEO Dr. Patrick O'Shaughnessy and your colleagues for a one-day bike ride to benefit clinical research and trials at Catholic Health Cancer Institutes and Roswell Park Comprehensive Cancer Center. To sign up, visit www.esrlongisland.com.

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.

Whether you are suffering from chronic or complex medical conditions or experiencing an acute illness, a personal health nurse (PHN) 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.

Throughout the PHM 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.

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.

A 70-year-old member reached out to a PHN for assistance with ongoing health issues. She had been experiencing blood pressure fluctuations with swelling and discoloration in her legs. Her personal health nurse educated her on adhering to a low salt diet and when to contact her provider. Her personal health nurse also ensured that the member was adhering to testing ordered by providers. Due to these measures, medication changes were made, and the member started exercising. Her blood pressure was also stable in the normal range.

"My PHN has helped me tremendously in understanding my medical conditions and has been instrumental in alerting me to other factors to help me."

A 56-year-old member was contacted by a PHN following spinal injections. Her PHN was able to help with the pre-authorization process, ensure providers were in network, and also educated the member on exercises to promote back health. The member states that her back pain is improved, which has led to improved mental health and overall outlook on life.

"My PHN helps me with everything I need and solves all my problems that are within her reach. I appreciate her very much."

A 64-year-old member was contacted by a PHN following an outpatient surgery for breast cancer. Her PHN informed her about home health services provided, as well as methods to prevent after-surgery complications. Her PHN also reinforced a proper diet and hydration to promote healing and assisted with finding a nutritionist. The member had no complications from surgery and recovered.

"My PHN checked in with me on a regular basis and always returned my calls in a timely manner. She provided reading material and personal contact info for a nutritionist in my area."

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

Simple, Easy, Convenient: Starting Your Absence From Work

Beginning January 1, 2023, Catholic Health has partnered with Reliance Standard Life Insurance Company and Matrix Absence Management to administer its Short Term Disability (STD), Long Term Disability (LTD) and leave of absence claims.

LEAVE OF ABSENCE

You may qualify for a leave of absence for the following reasons:

- Your own serious health condition;
- Care of a family member;
- Needs due to a family member's military service;
- Bonding with a newborn, adopted child, or a newly placed foster child;
- Other leaves provided by company policy or state or federal law.

For these types of leaves of absence, we will provide you with a certification form that must be completed. If the leave is medical related, we will send the appropriate form to you or your family member's health care provider. It is your responsibility to ensure we receive the completed form, so please be in touch with your provider.

For information on how to report a leave of absence, report intermittent absences, authorize the release of your medical information for benefits and return to work, scan the codes below with your smartphone, visit www.matrixabsence.com, or call 1-877-202-0055.



ANDROID



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Catholic Health Preventive Care

OUR STRATEGY TO KEEP YOU OUT OF THE HOSPITAL

When most people hear Catholic Health, they probably think of our Long Island-based health system's six hospitals, our four cancer institutes, or perhaps our award-winning expertise in a variety of medical and surgical specialties— including cardiology, orthopedic surgery, oncology or neuroscience. Yet, Long Island's most patient-centered health care system also has a dedicated team of doctors whose mission it is to keep you out of the hospital.

Catholic Health's primary care providers, or PCPs, specialize in internal medicine and preventive care. Your PCP serves as your personal doctor, monitoring every aspect of your health and helping you to live a long and healthier life. This one-to-one relationship helps you to stay well and steer around any obstacles in your personal health journey.

"Preventive care requires checkups and screenings," said Catholic Health's Vice President of Primary Care Anthony Ardito, MD. "Our primary care physicians perform screenings that look for potential diseases before they become too difficult to manage. Many conditions—from diabetes to heart disease—can be prevented through early detection followed by careful management by a qualified doctor. That's what we're here for."

Catholic Health has approximately 60 primary care providers situated at more than 20 employed practices across Nassau and Suffolk. Many of these operate out of Catholic Health's 'ambulatory care' hubs; multispecialty offices that bring together several physicians at one convenient location—PCP, cardiologist, neurologist, endocrinologist and/or weight loss specialist, etc. This adds convenience for patients who may need more specialized care, all of which is coordinated by your primary care provider. Catholic Health has ambulatory care hubs in Commack, East Hills, Lake Success, West Babylon, and Patchogue.

Types of Primary Care Providers

- Family Medicine: All age groups, from newborns to seniors
- Internal Medicine: Adults 18 years and older
- Pediatrician: Babies, children and teenagers up to 16 years
- Geriatrician: Adults 55 years and older

Find a Catholic Health primary care provider near you. Call (866) MY-LI-DOC (866-695-4362) or visit www.chsli.org/primary-care.

For those enrolled in the Catholic Health Medical Plan, in-network preventive care is covered with a \$0 copay. To confirm your doctor is in the Empire network, please log into www.empireblue.com and click on Find Care & Cost. For office visits other than preventive care, there is a \$0 copay under the Catholic Health Medical Plan for a visit with a Catholic Health Tier 1 provider. To search the Catholic Health Physician Partner Tier 1 Provider Directory, go to www.empireblue.com/chs and go to Benefits and select More Enrollment Materials.

Designate Your Life Insurance Beneficiary

WHY SHOULD I DESIGNATE A BENEFICIARY?

Life Insurance provides a benefit to a named beneficiary or beneficiaries upon the death of a person insured under a policy. Let's say you have life insurance coverage with a death benefit of \$100,000. That's a lot of money, which is why you want to make sure it is payable to the individuals you have specifically designated to receive those proceeds.

If you're prepared, you'll have named your beneficiaries and indicated the specific percentages each beneficiary is to receive. Doing so means they will likely have easier access to the death benefit's funds. This is especially important, since the death of a loved one often brings about unexpected expenses.

Be sure to keep your beneficiary designations up to date and reviewed when life changes occur such as marriage, birth, and divorce. If you never get around to completing and submitting your beneficiary forms, your intentions have not been made clear. That means the death benefit will be paid as outlined in the certificate of coverage. If your estate is named, then the assets become a part of the overall estate and thus are retained until distributed by your executor or personal representative.

Make Important Updates With Employee Self-Service

Did you know that you have the ability to review and update important information through Employee Self-Service, which is available on the MyHR page of the Catholic Health Intranet? Self-Service makes it convenient for you to review and update information on-demand without needing to make a phone call or fill out a form. To access the MyHR page from the Catholic Health Intranet home screen, click on System Departments, and select MyHR.

Under the MyBenefits menu on the MyHR page, you can:

- View current benefit elections
- View/update Life Insurance beneficiaries

Under the MyEmployment menu on the MyHR page, you can:

- Update Tax Withholding
- Update Direct Deposit
- Update Address
- Paystubs and W-2's
- Update Emergency Contacts

Now is a better time than ever to take the opportunity to review your information in self-service and update if applicable. If you have any questions, please contact MyHR at 516-705-6947.

Davis Vision By MetLife Has Your Vision Needs Covered...

Beginning January 1, 2023 the Enhanced Vision Plan is administered by Davis Vision by MetLife. While the Plan design remains the same in 2023 as it was in 2022, there are some changes to note:

- New member portal: www.metlife.com/mybenefits
- New member phone number: 1-833-393-5433
- Although you do not need a paper ID card for your appointment, you should have received a new ID card in the mail.

As a plan participant, you understand the importance of good vision health to help keep you and your eyes healthy. With Davis Vision by MetLife, you can take advantage of benefits for you and your family and the opportunity to save on services from eye care professionals and on eyewear including glasses and contacts.

If you choose to receive vision services from a participating provider, we suggest you verify that they are in-network when you make your appointment. You can visit providers participating in the Davis Vision plan either through a private practice or retail chain location.

If you have any questions about your coverage, would like a directory or claim form, or want to find a participating provider, log in to mybenefits.metlife.com. You may also call 1-833-EYE-LIFE (1-833-393-5433), Monday through Friday from 8:00 a.m. to 9:00 p.m. ET, and Saturday from 9:00 a.m. to 4:00 p.m. ET.

...and Offers a Hearing Health Care Discount Plan

WHAT CAN I EXPECT FROM MY HEARING HEALTH CARE DISCOUNT PLAN?

- A wide selection of digital hearing aids from multiple manufacturers
- 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
- Up to 40% savings compared to national average selling prices
- 10% discount on accessories, such as TV streamers

Visit davisvision.yourhearing.com or call 1 (888) 809-0044 to schedule your free hearing exam with a licensed hearing provider in your area.

Ask for a free demonstration and hear the difference.



Practice Better Flossing Habits

Why is flossing important?

Flossing is one of the most critical parts of a good dental hygiene routine that cleans in between our teeth. From helping prevent tooth decay, gingivitis (which can progress to gum disease), and bad breath; removing plaque your toothbrush can't reach; and improving appearance of teeth and gums, flossing is a "must-do."

When is the best time of day to floss?

At a minimum, floss your teeth once a day (before brushing your teeth), but nighttime flossing will remove food particles and plaque from between your teeth before you go to sleep at night.

What are the different flossing tools?

While dental floss is a flexible, long strand, other tools include dental picks, interdental brushes, and water flossers to clean in between our teeth. For those with braces, water flossers and floss with threaders might be most efficient. Check with your dentist about which type of floss might be best for you.

What does it mean to "hug" your teeth when flossing?

Because a key purpose of flossing is to remove plaque from teeth surfaces, you want to wrap the floss around each tooth in a "C" shape and move the floss side-to-side and up and down. Think of this as the floss 'hugging' your tooth!

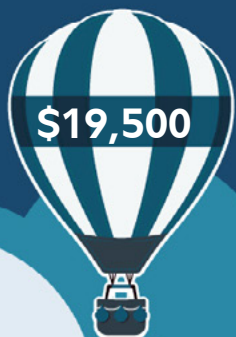
What if my gums bleed while flossing?

If you don't floss regularly or properly, you might notice bleeding during flossing, because bacteria, tartar, or plaque build-up can cause irritation or inflammation. Be sure to speak to your doctor and/or dentist, as bleeding gums can be an early sign of gum disease, vitamin deficiencies, or certain medical conditions.

Find nearby in-network dentists, quality ratings and more at myCigna.com or on the [myCigna® App](#).

The New Year brings higher than ever retirement account contribution limits.

To help keep up with inflation, the IRS has increased 403(b) contribution limits for 2023. Visit Fidelity NetBenefits® to check your contributions online.



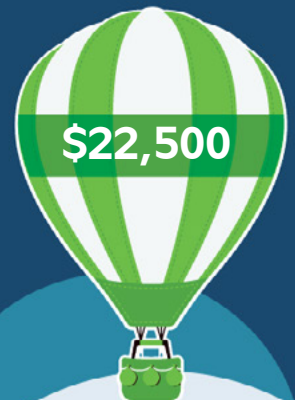
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2021



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Visit your account at NetBenefits.com/atwork

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