

Benefits of Caring

Spring 2024 Newsletter



This Spring, Your Catholic Health Benefits Are Working For You

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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, 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.

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.

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

Don't just take our word for it—read how PHM has helped members navigate their health conditions with the help of dedicated nurses.

Jane, a 56-year-old woman, engaged with PHM after being admitted to the hospital for a bilateral mastectomy following a new cancer diagnosis. The Conifer Nurse was able to educate Jane on ways to manage her surgical pain, as well as how to monitor infection. The Conifer Nurse collaborated with Jane's providers to monitor her recovery and gauge when she would be able to return to work. The Conifer Nurse also made sure Jane was receiving the appropriate medications. Jane healed from her surgery with no acute concerns.

Doug, a 61-year-old man, was opened to PHM due to repeated hospital visits in a short time. Doug was symptomatic with atrial fibrillation and his cardiologist recommended a cardiac ablation. The Conifer Nurse was able to help steer Doug to a provider within the Catholic Health network who was able to perform the procedure. The nurse also made Doug aware of what he could expect before, during and after the procedure. Doug reports a complete resolution of his symptoms and is now working on a healthier lifestyle.

Joan, a 59-year-old woman, reached out to PHM after an inpatient admission for an arm fracture that was sustained in a fall. The Conifer Nurse was able to ensure Joan was fully aware of her discharge instructions, which included new medications, activity restrictions, and follow-up appointments. The Nurse also educated Joan on possible side effects from her new medications and how to prevent future falls. The Conifer Nurse also worked with Joan's PCP to inform them of her recent admission and to set up a follow-up appointment. As a result, Joan has fully healed with no complications.

Emotional Health Support With MyStrength

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

MyStrength empowers employees and dependents enrolled in a Catholic Health medical plan to take charge of their health.

- **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.

MyStrength offers evidence-based support for many types of emotional and physical challenges, such as:

- Reducing stress
- Improving sleep
- Managing depression
- Managing anxiety
- Mindfulness & meditation
- Balancing intense emotions
- Pregnancy & early parenting
- Managing chronic pain

Get started: You can join by visiting [MyStrength.com/Start/CHSLI](https://www.mystrength.com/Start/CHSLI) or call 800-945-4355 and use registration code: CHSLI

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

The Empire State Ride returns on **Saturday, June 8**. Join 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.

This Spring is the Time to Designate and Review Your Beneficiaries

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.

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.

HOW TO UPDATE YOUR BENEFICIARIES FOR:

Employee Life Insurance and AD&D:

To Review, add or change your beneficiaries, please visit the MyHR section of the Catholic Health intranet. Select **My Benefits**, then **View/Update Life Insurance Beneficiaries**. Log in with your Catholic Health user ID and password.

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). 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) on MetLife's website (<https://mybenefits.metlife.com>), or by completing a beneficiary form. To obtain a MetLife beneficiary form, contact the MetLife call center at 1-844-638-2454 to request one be mailed to you.

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.

Important Reminder: Consova Dependent Audit

If you are first enrolling a dependent (spouse or child) on the medical, dental or vision plan, you must comply with the Consova Dependent Audit. Failure to comply will result in your dependent being removed from coverage.

Consova is Catholic Health's Administrator of our Dependent Verification audit. Information from Consova will be mailed directly to the current address on file with Catholic Health.

For more information, please visit the Consova Dependent Audit Knowledge Center at www.consova.com/chs1 or call Consova at 1-844-872-1592 (Monday-Friday, 8:30am-7:00pm ET).

Prepare for Retirement with the Pension Plan

Eligible employees will automatically become a member of the plan when you reach age 21, complete at least 1 year of service and are scheduled to work a minimum of 20 hours per week on a regular basis.

Key highlights of the Plan include:

- Your retirement benefit will depend on your eligible earnings, the number of years you were participating in the Pension Plan and the age at which you begin to receive benefits.
- You are vested when you complete 5 years of continuous service.

Benefits are determined for each year that you work after becoming eligible to participate in the plan. The final benefit is based on a formula rather than on the performance of the stock market—the money you receive in the pension plan never stops for as long as you live!

Normal Retirement: This benefit is payable to you as a monthly annuity for your lifetime after you terminate from service, beginning at age 65 or your 10th anniversary of participation in the plan whichever is later. Therefore, if you are hired after age 55, your Normal Retirement Date will be your tenth anniversary of participation in the plan.

Early Retirement: Benefits (in a reduced amount) may be paid to you as early as age 55 if you terminate employment or to your survivors upon your death. Benefit amounts are adjusted if you retire before your Normal Retirement Date or if you elect to receive benefits in a form other than a life annuity.

For more information, call the DRVC Retirement Solution Center at 1-833-377-7572 or access the Pension Self Service Portal (<https://client.sbcscsystems.com/DRVCess/>). Participants can run their own pension estimates to plan for retirement, and access their personal pension benefit information after one year of service. The portal also provides participants with access to their pension plan status, the most recent annual statement, and the various optional forms of payment at any age starting with their early retirement date.

Take a fresh look at your retirement savings rate

Starting in 2024, you can **contribute up to \$23,000 to your workplace retirement plan** (up from \$22,500 in 2023). And, starting the year you turn 50, you can **save an extra \$7,500 in catch-up contributions**.*

Visit your 403(b) account at NetBenefits.com/atwork

Or scan to learn more





A HEALTH CARE
CENTER
 WITHIN
REACH

Need Urgent Care? Catholic Health Has You Covered

Serving the people of our community – when and where they need it.

The Catholic Health Urgent Care centers below offer lower copays for members enrolled in a Catholic Health plan. City MD and Excel Urgent Care are also covered under our plans.

Centereach Ambulatory & Urgent Care

Urgent Care hours:

Monday - Friday
 8:00 am - 8:00 pm

Saturday and Sunday

9:00 am - 4:00 pm

Visit our care center at:

2112 Middle Country Road
 Centereach, NY 11720



To schedule an appointment, call (631) 301-3010, visit chsli.org/reserve or scan the QR code.

Riverhead Ambulatory Care

Urgent Care hours:

9:00 am - 5:00 pm

Visit our care center at:

800 Old Country Road
 Riverhead, NY 11901



To schedule an appointment, call (631) 557-6650, visit RiverheadPatientCare.org or scan the QR code.

Merrick Ambulatory Care

Urgent Care hours:

Monday - Friday
 8:00 am - 6:00 pm

Visit our care center at:

131 Merrick Road
 Merrick, NY 11566

To schedule an appointment, call (516) 302-8540.



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Savings On-The-Go with the PerkSpot Mobile App



If you haven't activated your account, head to your discount portal. Once signed up, download the app to start saving on-the-go.

How to Download to Your Mobile Device

From your preferred mobile device app store, search for the PerkSpot Mobile App and download to your device to begin saving on-the-go.

Download the App

