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Your Benefits

Health Vitality Finance

Fall Issue

November 2017



Your Benefits

Health Vitality Finance

*What if you woke up today
with only the things that you
thanked God for yesterday?*

Look Inside!

See page 2 for
15 Benefits of Being Thankful

Welcome

to the first edition of
the Archdiocese of
Cincinnati's *Your
Benefits* Newsletter!

In This Issue:

*Check out the Your
Benefits website*

*Did you know?
Travel Assistance*

*15 Benefits of Being
Thankful*

*Employee Assistance
Program*

LiveHealth® Online

*What's going on with
the wellness program?*

Financial Wellbeing

Introducing the *Your Benefits* brand!

The benefits team in the Archdiocese of Cincinnati ("AOC") office worked closely with our employee benefits consultants and the designers at Arthur J. Gallagher & Co. ("Gallagher") to develop a brand identity for the AOC benefits program, which encompasses more than just your health plan, but all of the benefits that are offered to you, including 401(k), the wellness program, and more.

The consultants focused on creating a brand that brought to life the work that the benefits team does in a way that is meaningful and relatable to employees at all locations. The three pillars of the brand identity are:

Health — Because your health is of utmost importance to God, your loved ones and your mission

Vitality — Because the program is aimed at providing resources and support in areas beyond your physical wellbeing, this pillar embodies the essence of all that keeps you going

Finance — Because financial pressures are everywhere and we recognize that employees are looking for information and resources to assist

Because benefits are more than just a form of compensation, but also a way that the AOC gives back to the dedicated employees that keep the church doors open and students in the classroom, the benefits team made it a priority to ensure that employees and locations are provided the resources and support needed to optimize these programs. Watch for the logo at the top of this page, as well as other variations of it, on communications going forward. When you see it, you'll know that the message that comes along with it is special, because it's about your health, vitality and finances.

1 Corinthians 6:19-20

¹⁹ Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? ²⁰ For you have been purchased at a price. Therefore, glorify God in your body.

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Brought to you by...



Highlight: Employee Communications

Have you visited the NEW [Your Benefits](#) website?

In an effort to make it easy for you to find the resources you need, both at work and at home, the AOC launched a NEW website this spring to house all of your benefits information. You can find information about our medical and prescription drug coverage, voluntary dental insurance, the Employee Assistance Program, Flexible Spending Accounts, basic life/AD&D and voluntary life/AD&D, long term disability, retirement and more!

There is also a Wellbeing page, which has updates on our wellness program and includes the monthly focus and information on our coaching program through TriHealth.

Visit the site today and bookmark it so you can get here more quickly next time you're looking to learn more about your benefits or for answers to your questions. The benefits team encourages you to share it with your spouse as well, so they can become more familiar with the resources available.

benefits.catholiccincinnati.org



Highlight: Employee Benefits

Did you know?

You have Travel Assistance available to you!

Planning a trip? Book your flight, pack your suitcase, call UnitedHealthcare Global — wait, what? Yes! You read that right. If you are covered by the Basic Life Insurance plan, this Travel Assistance benefit is available to you at no cost! Features of this benefit include:

- ◆ Pre-trip Assistance
- ◆ Trip Assistance
- ◆ Medical Assistance
- ◆ Emergency Transportation Services
- ◆ Legal Assistance
- ◆ 24-hour Health Information
- ◆ Support Services

In the U.S., Canada, Puerto Rico, U.S. Virgin Islands, and Bermuda, call **800.527.0218**

In other locations worldwide, call collect **+1.410.453.6330**

You can also email assistance@uhcglobal.com

For more information on this benefit and other travel benefits available to you, visit the [Your Benefits](#) website

15 Benefits of Being Thankful

Grateful people:

1. Have better relationships
2. Have better health
3. Are emotionally healthier
4. Are more compassionate
5. Are less resentful
6. Are more resilient
7. Are calmer
8. Have better immunity
9. Are better team players
10. Are less materialistic
11. Are more optimistic
12. Are less self-centered
13. Are more productive
14. Feel more joyful
15. Are more relaxed

Highlight: Financial Wellbeing

The AOC recognizes that financial wellness is a tremendous element of total wellbeing, which is why the benefits team is providing resources such as the 401k plan and budgeting and financial planning support through the Employee Assistance Program (EAP).

Learn more on the [Your Benefits](#) website at benefits.catholiccincinnati.org and read below for additional resources.

Save More Sooner Rather than Later

Do you sometimes daydream about retirement?

Do you picture yourself living well once you retire and no longer have to go to work every day? Participating in the Archdiocese of Cincinnati 401(k) Plan can get you started toward a financially comfortable retirement. Learn more about how to make the most of this opportunity by visiting the Employee Benefits website: <https://benefits.catholiccincinnati.org/401-k-plan>

Catholic Financial Life

CatholicFinancialLife.org

Catholic Financial Life is a not-for-profit financial services provider in Milwaukee. Its website provides various calculators for figuring retirement, debt management, and other financial needs. You can join the organization by buying a financial product. The organization has advisers who can help with retirement planning, saving for college, leveraging charitable giving, and providing for your family after your death.

Why Enough is Never Enough

Overcoming Worries About Money — A Catholic Perspective

by Gregory S. Jeffrey

Gregory S. Jeffrey, founder and principal of Catholic Development Group, shares a unique perspective about the interplay of our spiritual and financial lives in *Why Enough Is Never Enough: Overcoming Worries About Money — A Catholic Perspective* (Our Sunday Visitor, 2010). Jeffrey, who has degrees in business and theology, has produced a book that's beneficial for anyone who has ever worried about money.

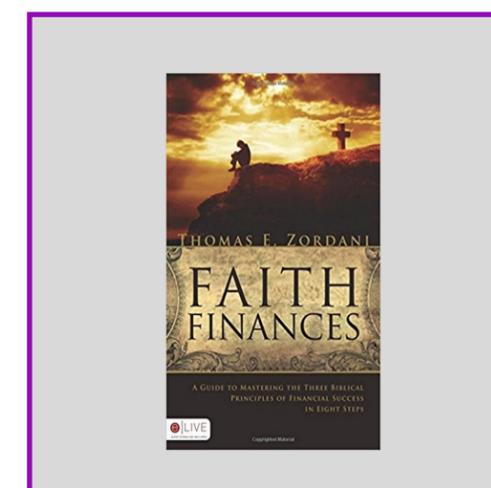
The book starts with this assumption: You'll never have enough money to cure your anxiety. Full of images, stories, and insights for those who are burdened by financial stress, Jeffrey offers advice about what is required to be free of anxiety.

The 7 Baby Steps

DaveRamsey.com/baby-steps

Dave Ramsey is a popular Christian radio personality in the world of personal finance and money management. On his website he offers seven basic steps to get out of debt and improve your finances. The steps

include starting an emergency fund, prioritizing your debt, saving for retirement, and paying off your mortgage early.



What to read...

In his book, *Faith Finances*, Thomas E. Zordani explains a step-by-step approach, mixing biblical principles with proven secular techniques to positively transform any financial situation. *Faith Finances* will have you looking not only at your checkbook differently, but the Good Book as well, as you gain the knowledge to improve your financial situation and experience spiritual renewal.

Some of the content in this section was reprinted with permission from *Catholic Digest*.

Looking ahead

November — Diabetes Awareness

- Healthy You BINGO Challenge
- Sweet talk for healthy blood sugar
- **Healthy Recipe of the Month:** Spice Roasted Acorn Squash Stuffed with Spinach and Chickpeas

December — Mental Health Month

- Mindful Mondays Activity
- Brain Boosters
- Holiday Know How
- **Healthy Recipe of the Month:** Corn Chowder



As part of our renewed focus on wellbeing, the AOC, along with our partners Gallagher, Anthem and TriHealth, have developed a monthly calendar of topics to help inspire healthy behaviors. Visit your Wellness Champion for more information about this quarter's topics, events and challenges for your location!

Thank you to our Wellness Champions

On March 15, the AOC hosted all of our Wellness Champions at a meeting to introduce to them our new renewed focus on wellbeing. During that kickoff meeting, representatives from TriHealth, Anthem and Gallagher provided the Champions with a new Wellness Toolkit, which is a collection of monthly wellbeing topics, initiatives and challenges, along with benefit resources to share with employees.

Wellness Champions will be key leaders to helping us meet the goal of educating employees about the wellbeing and benefit resources available through the AOC. The Champions participate in monthly calls with TriHealth, Anthem and AJG to discuss how they can bring wellness to life at their locations.

If you have questions about wellness resources, your Wellness Champion is a great place to start. We also ask that you support your Champion through participation and making suggestions for additional activities that would be engaging to you. And we love pictures and stories! If you have pictures of your team participating in a challenge, or would like to share your experience with one of the resources, the benefits team can share it in the newsletter for the benefit of all your peers.

Not sure who your local Wellness Champion is?

Check with your Location Administrator and they can point you in the right direction!

Tell us what you're up to!

We'd love to share stories and pictures submitted by employees in our quarterly "Your Benefits" newsletter

Submit content for review to GBS.AOCserviceteam@ajg.com

Employee Assistance Program (EAP)

The EAP has resources for financial and legal assistance, counseling and grief support, as well as daily life needs such as pet sitting.

Saying that life can be hectic is an understatement! When you toss in everyday challenges that we all face from time to time, be it work, home or something very personal, it can be challenging to handle everything on your own. In fact, sometimes it makes sense to reach out for help. And since many people just don't have the time, the AOC offers an EAP, a wonderful resource to help with all kinds of things — from simple to serious.

If you prefer to access materials yourself, visit the EAP website at anthemeap.com for articles, educational materials, tips, tools and more. You can search for information on a variety of topics including:

- Balancing personal life and work
- Grief and loss support
- Becoming a new parent
- Men's and women's health for all ages
- Moving or buying a home; working and living abroad
- Elder care, child care and adoption
- Pet services such as sitters, boarding and day care
- Legal and financial resources
- Tips to live life to the fullest on the WellPost blog
- Monthly seminars on healthier living

Sometimes talking to someone one-on-one makes all the difference. You can speak with a work and life specialist by calling **800-999-7222**, day or night. Your specialist will listen to your needs, research solutions and provide tailored resources in a helpful packet of information.

If you prefer chatting live online go to anthemeap.com to use LiveCONNECT instant messaging to speak with a member of our team.

There's no need to sign up — you and your household members are automatically enrolled.

We understand how important privacy is when it comes to certain subjects. So rest assured that your friends, family and employer can't find out about your use of EAP services, unless you give your written permission.



Anthem

For more information on EAP Services, call 800.999.7222 or go to anthemeap.com and enter AOC.

Telemedicine: LiveHEALTH Online

Sometimes you just need a doctor – whether you’re at home in the middle of the night or in the middle of a road trip. Now you can talk to a doctor any time of day, wherever you are. LiveHealth Online lets you have face-to-face conversations with a doctor on your computer or mobile device. It’s medical advice the moment you need it. No appointments. No waiting. So simple. **And it only costs \$10 per visit for those covered under the AOC Health Plan!**



Convenient, two-way video chat

LiveHealth Online uses two-way video to connect you with U.S.-based board-certified doctors. And since it’s an online experience, it’s quick, easy and always on your terms. But convenience also comes with excellent service. Doctors using LiveHealth Online can answer your questions, assess your condition and even provide prescriptions if needed. LiveHealth Online even has a preferred provider section where you can store a preferred doctor's information.

How it works

The first step is to sign up, which is quick, easy and free to do. See instructions in the blue box below. Each time you log in, you'll see doctors who are available in your state. Simply click on a doctor’s photo to view his or her star rating, profile and languages spoken. Once you select a doctor, click Connect and in just a few minutes your face-to-face visit will begin!

LiveHealth Online doctors can help with many different health issues, such as:

- Colds
- Flu
- Allergies
- Sinus infections
- Bronchitis
- Diarrhea
- Pinkeye
- Urinary tract infections
- Rashes

Anthem

Sign up today!

Go to livehealthonline.com or download the app to register on your phone or tablet. In the app or your web browser, click “sign up” (upper right corner in web browser). Fill out the form and click the green button. Follow the prompts. You do not need a Service Key.

Please note: LiveHealth Online is not for emergencies. If you’re experiencing an emergency, call 911 immediately.



Highlight: Wellness Program

Take full advantage of the Wellness Program!

As an employee of an AOC location, you have the opportunity to engage in activities, education and support that work together to promote a lifestyle of wellbeing.

Our partner, TriHealth, brings three levels of custom support.

1. Request an onsite information session and enjoy learning about a health topic of your location’s choice!
2. TriHealth can come out to your location and conduct one-on-one, 15-minute health assessments, which include a discussion about opportunities for improvement.
3. Sign up for Health Coaching to receive a personal program to keep you motivated and on target to reach your goals!

Being well means something a little different to each of us. It is important to the AOC that you have the opportunity to accomplish what that is for you, right now, in this season!



Valerie Sprouse
513-977-0005

AOCWellness@trihealth.com

Our partner, TriHealth, offers three levels of custom support!

Wellness Challenge Success Story

Wellness Champions are key players in our initiative to create a culture that supports your total wellbeing. Wellness Champions are knowledgeable about the resources we have available, they update bulletin boards with enriching information, and they coordinate team building challenges at your locations.

For the month of April, the recommended wellness challenge was a Take the Stairs challenge, encouraging participants to take the stairs whenever possible in order to increase daily activity. There are no stairs at our location, The Gate of Heaven, so Wellness Champion Marty Boswell from The Gate of Heaven had to get creative. He changed the challenge from the Take the Stairs challenge to a Circle the Building challenge. The goal was to walk around the administrative building twice each day before entering and again before going home.

In order to make the challenge manageable, participants were able to make up missed “circles” the next round or next day. The Gate of Heaven team was especially dedicated, sometimes even walking in the rain!



Marty describes the benefits of the challenge:

- ◆ It got people moving
- ◆ People were talking and laughing as they were walking together
- ◆ Some meetings occurred while walking around the building
- ◆ People were talking about walking
- ◆ We had some fun
- ◆ Those that completed the challenge successfully received a Graeter’s gift card

Marty credits the regular emails and bulletin board items from TriHealth for raising awareness of wellbeing for his team.

