

INSPIRE

Fall 2021

Adventist Health 

Living well and
whole-person health



Be in the know

Make changes or enroll online Oct. 27–Nov. 15, 2021, at electbenefits.com/adventist or by logging in to Connect and selecting the Adventist Health Benefits icon from “My Toolbox.”

What’s changing with your 2022 associate benefits

- **ONE-TIME OPPORTUNITY! Life and accidental death and dismemberment insurance:** All eligible associates may elect coverage up to the lesser of 3 times your base earnings, or \$350,000, and up to \$50,000 for spouses without a statement of health.
- **NEW! Option to add active credit monitoring to your legal and identity theft plan.** New active credit monitoring option available.
- **NEW! Perks-At-Work program:** One-stop shop for exclusive discounts at many of your favorite national and local merchants, plus access to an online academy offering a broad array of classes for you and your family to improve or learn new skills.
- **NEW! Air ambulance membership opportunity:** Covers associates’ and their household members’ out-of-pocket costs if flown by an AirMedCare network provider.
- **ENHANCED! Employer-paid basic life insurance:** Adventist Health will provide greater basic life insurance for all associates who were previously capped at \$50,000. Effective Jan. 1, 2022, basic coverage increases to 1x annual salary with a minimum of \$50,000 of coverage and a maximum of \$200,000 coverage.
- **ENHANCED! Dental plan:** Elimination of orthodontia waiting period. No change in rates unless otherwise specified by a Collective Bargaining Agreement.
- **ENHANCED! Vision plan:** Increased frame allowances, plus additional coverage of blue-light glasses, diabetic eye care, treatment for dry eyes, eye injuries and more. No change in rates unless otherwise specified by a Collective Bargaining Agreement.
- **ENHANCED! Lower rates for short-term disability and long-term disability buy-up:** Rate decrease of up to 30% with no reduction in benefits.
- **ENHANCED! Critical illness insurance:** Added coverage for additional illnesses (including COVID-19) and removal of pre-existing exclusion limitations.
- **ENHANCED! Accident plan:** Now includes increased benefit amounts for most accident-related conditions and impairments.
- **Medical contributions:** Associate contributions are moving toward standard system-wide rates based on further aligning with ONE Adventist Health.

Open Enrollment!

Enroll in your 2022 benefits Oct. 27–Nov. 15!

Adventist Health offers comprehensive benefits that emphasize a whole-person focus on physical, mental, spiritual and social healing to support associate and community well-being. During our Oct. 27–Nov. 15, 2021, Open Enrollment time, you have an opportunity to make changes to your benefits to meet the individual needs of you and your family.

During Open Enrollment from Oct. 27–Nov. 15, 2021, be sure to:

1. Review and confirm your benefits.
2. Enroll in any new or enhanced benefits you want to add.
3. Re-enroll in your flexible spending account for medical and/or dependent care.

Re-enrolling is only required for the 2022 Flexible Spending Account. All other elections from 2021 will automatically roll over.

Blue Zones at Adventist Health

The world's healthiest, longest-living people in the Blue Zones of the world have so much to teach us about living lives better, longer. Aside from living to be 100 or older, they are happy, purposeful and generous of spirit. Many of these centenarians volunteer every day in their communities, stay connected to their family, and continue to be active and disease-free long into their years.

Aspiring to live like a centenarian is easier than you might think! It's the simple daily habits like natural movement, wise food choices and a positive outlook that can make all the difference. The Power9® commonalities of lifestyle—found in the original blue zones—teaches us to build and maintain lifestyle practices that help us live better, longer.

Through the Sharecare app—Adventist Health's new digital platform—you can engage in every dimension of your well-being with tools and resources to help you create a better, longer life—just like the centenarians. You are invited to begin your journey by taking Sharecare's RealAge Test to see where you are on the path toward more good years. This evidence-based assessment measures your body's health age and reveals ways for you to add more purpose and more years to your life.

If you haven't signed up yet, join your fellow associates in exploring all the platform has to offer:



Get started today at [adventisthealth.org/well-being!](https://adventisthealth.org/well-being)

- **Lifestyle Coaching** empowers you through lifestyle changes. Whether you want to lose weight, manage stress or quit smoking, this is your chance to get personalized, one-on-one support.

- **Challenges** keep you focused on your physical, emotional and financial well-being.

- **SyncTALK** connects you to a licensed, master's-level counselor for emotional support and offers guidance in between sessions from a virtual assistant named Karla.

- The **Dave Ramsey SmartDollar** app helps you evaluate your financial strengths and stressors and supports you in taking charge of your budget.




Planning to move?

Make sure your new providers are covered

As the work environment for many of us continues to become more flexible, many of our Employee Health Plan members are relocating and needing to find new medical providers.

Wherever you choose to live, we encourage you to check that your new medical providers are in network by visiting AdventistHealth.org/EmployeeHealthPlan and selecting **Find a Provider**.



Mental health statistics



1 in 5 adults has a diagnosable mental health disorder.



25% of essential workers have been diagnosed with a mental health disorder since the pandemic began.



Estimates suggest that **only half**

of the people with mental illnesses receive treatment, but most can experience relief from their symptoms and live a satisfying life by actively participating in an individual treatment plan.



Help is available

If you'd like some support, visit ah.synctalk.us or call **916-249-9356**.

Oct. 10, 2021

According to Mental Health America, it is estimated that about 1 in 5 adults in the U.S. has a diagnosable mental health disorder. Sunday, Oct. 10, 2021, was World Mental Health Day, and we wanted to shine a light on what truly is a global issue in hopes that anyone who may be dealing with a mental health issue knows that there is help available.

Adventist Health offers SyncTALK to all Employee Health Plan members for a \$0 copay to help you improve your mental health and emotional well-being.

Synchronous Health specialist Amina Choudhery, LCSW, notes: "I was once told, 'It's OK to put yourself first and take care of YOU first.' That quote has stayed with me throughout the years, reminding me to take a moment, step back and let myself feel what I'm feeling before refocusing. It's OK to be vulnerable and look to others for help, whether it's from family, friends or professionals. Sometimes we can all use a little extra support, and that's OK too."

See below for some ways you can observe World Mental Health Day and help raise awareness of mental health issues:

LIVE. Take your experiences along with the wealth of information available on the topic of mental health and think, pray and meditate on ways you can apply the knowledge to your life. Being a living example can be quite the catalyst for continued hope and growth for yourself as well as others.

TAKE TIME FOR YOURSELF. We pour out to others best when we ourselves are full, and we also promote reciprocity, loving our neighbor as ourselves this way. This can take many different forms—find and do what brings you peace, joy and rest.

TALK ABOUT IT. To help end the stigma around reaching out when you have mental health issues, talk about it. Mindful, respectful sharing with someone you feel comfortable with can help not only your process but others' processes as well.



If you or someone you know could use some additional support, our team is ready to serve you. To learn more and connect with a specialist, visit ah.synctalk.us or call **916-249-9356**.

Sources:
nami.org/FAQ/General-Information-FAQ/Can-people-recover-from-mental-illness-is-there-a
nimh.nih.gov/health/statistics
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apa.org/news/press/releases/stress/2021/infographics-march



Lights out? What to do when the power goes off

Unexpected power outages can be more than annoying. At their worst, they can be dangerous.

If an outage lasts less than four hours, you don't have to worry about food spoiling. And if it occurs during mild spring or fall weather, keeping yourself warm or cool enough likely won't be a worry.

But extended power outages that last many hours or even days can cause more severe problems. And even short outages that occur during very hot or cold weather can pose dangers.

Five things to think about

When the power goes out, stay safe by keeping the following needs in mind.



Food. If the power is out for less than four hours, the food in your fridge and freezer should still be safe to eat. While the power is out, avoid opening the fridge and freezer doors as much as possible.

If the power is out for longer, you may need to use a cooler and ice to keep foods fresh.



Medicines and equipment. Some drugs need to be in the fridge to keep their strength. And some home medical equipment needs power to operate. Before an outage, talk with your doctor about a safety plan for you. It might include alternate ways to keep medicines cool or a backup generator for your equipment, for example.



Heating and cooling. Getting too cold or too hot can be a medical emergency. If you lose your heating during an outage, dress in layers and get under blankets to stay warm. You can also conserve heat by closing off unused rooms and avoiding opening doors and windows.

When the power goes out during a heat wave, taking cold showers or baths may help you stay cool.

You can also call your local health department to find a warming or cooling shelter in your area.

Be sure to check up on at-risk neighbors too. Older adults and young children are especially sensitive to heat and cold.



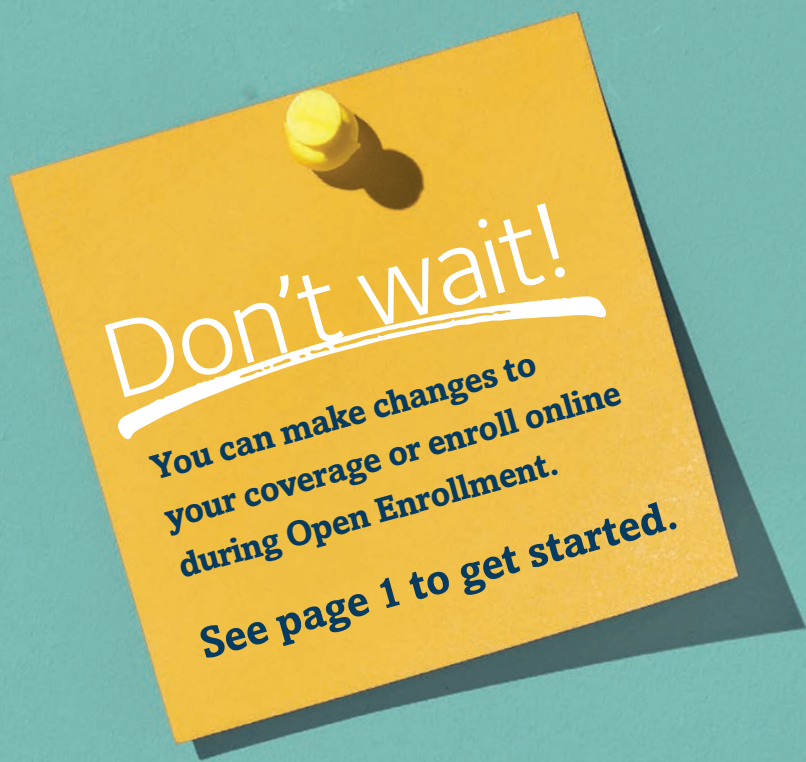
Lighting. Use battery-powered flashlights or lanterns to light your way. Avoid candles or gas lanterns. They are a fire hazard.



Appliances. While the power is out, unplug appliances and electronics. This will help avoid damage from electrical spikes and surges when the power comes back on. Leave one light switched on so you'll know when the power returns.

Sources: Centers for Disease Control and Prevention; Ready.gov

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Take charge of your health with Blue Zones
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Focus on your mental health with SyncTALK
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Access to doctors anytime, anywhere

Adventist Health Employee Health Plan members have access to quality health-care anytime, anywhere via mobile app or video—at work, in the comfort of your home and even while traveling, with Adventist Health OnDemand.

Once you register for Adventist Health OnDemand, you will have access to a network of U.S. board-certified physicians, certified in internal medicine, family practice or pediatrics. The Adventist Health OnDemand doctors can diagnose, treat and prescribe medication for your non-emergency conditions. This includes treatments for the flu, sore throat, eye infections, bronchitis and much more.

Whenever you need care, a doctor is available within minutes.

1. Get started

Download the Adventist Health OnDemand app or visit the URL at left.

2. Set up

Register your account and create your username and password.

3. Request a visit

A doctor is now just a click away!



Get the care you need for a \$5 copay for Engaged! Plan members

- Cold and flu
- Sinus infection
- Behavioral health
- Allergies
- Sore throat
- And more!