"I came that they may have life, and have it abundantly."
— John 10:10

The Call to Life Abundant

We are each called to wholeness — to live life abundantly.

Our health is central to this call; so, too, are our spiritual, financial, and vocational well-being. When these key dimensions of our lives are in balance, we are better able to serve others and share God’s love with the world.

That’s why Call to Health promotes wholeness in each of us.

Complete Challenges, Earn Points

To answer the call, complete required challenges and other challenges you select — many of them fun — to earn points.

- When you accumulate at least 1,000 points, your individual and family medical deductibles will be reduced by as much as one-third for 2019.
- Employees who earn 2,000 points and spouses who earn 1,000 points will each receive a $100 Amazon gift card!*

Call to Health offers new challenges all year long. Even after you’ve earned reduced deductibles and a gift card, check calltohealth.org often to see what’s new. After all, enjoying all aspects of well-being is the ultimate goal — freeing you to be your best self as you serve others.

* Recipients are responsible for reporting the gift card amount as taxable income when filing their tax returns.

Welcome to a New Year of Call to Health!
December 5, 2017 - November 16, 2018

This guide has all the information you need to complete and record your challenges to earn reduced medical deductibles for 2019 and a $100 Amazon gift card!*

“The impact of Call to Health individually and collectively cannot be underestimated. While attributing the adjective ‘sublime’ may be a bit of hyperbole, for me it has been just that.”

– Rev. Dick Powell, President, Presbyterian Mo-Ranch Assembly
A New Year for Call to Health!

What’s the Same

• The same engaging website at calltohealth.org
• Required and optional challenges for points
• Significantly lower individual and family deductibles for 2019 when members reach 1,000 points (25 percent lower if enrolled in the EPO medical option; 34 percent lower if enrolled in the PPO)
• Unlimited access for members and covered spouses to Ignite Your Life health coaching — through webinars and by phone

What’s New

• Many additional challenges, color-coded by dimension (blue for spiritual, green for health, orange for financial, and gold for vocational), including more challenging activities for those already making healthy choices
• Answer the call on the go! Make calltohealth.org an icon on your smartphone home screen, or download the mobile app.
• More coaching programs, such as Think Green, Go Green; Dream Big; and Step up and Lead.

Calling All Spouses! (Please share this information with your spouse!)

Spouses covered by the Medical Plan are invited to join Call to Health, and will earn a $100 Amazon gift card* when they reach 1,000 points! Covered spouses also have unlimited access to health coaching.

* Recipients are responsible for reporting the gift card amount as taxable income when filing their tax returns.

Take the New Well-Being Assessment

The Well-Being Assessment is a required activity for Call to Health. To take it, choose Complete your assessment at the top of the home page. Taking the assessment each year helps you track your progress toward your goals as well as identify new opportunities. This year’s assessment features three additional dimensions: Feeling Energized, Work Growth, and Work Meaning.

The information you provide about your health is confidential and secure, in compliance with federal privacy regulations. The Board of Pensions does not have access to individual results. You’ll see your results immediately after taking the Well-Being Assessment, with descriptions of your top three strengths and top three areas of opportunity. For details, or to refer to your results later, check My Results at the top of the page.

Potential Costs

Many challenges are no-cost activities or fully covered by the Medical Plan — you do not pay a deductible or copay. Through Call to Health’s Ignite Your Life coaching, for example, you have access to unlimited online and telephonic health coaching at no cost to you, and you’ll receive points toward your Call to Health goal. You’ll also find challenges for learning about your benefits — no-cost activities that may save you money while also building Call to Health points!

A few challenges require you to pay limited out-of-pocket costs, as follows:

• Nutritional counseling: $25 copay per visit to a network provider if you have a body mass index (BMI) of less than 30; if your BMI is 30 or more, your copay is $0. (Use an online BMI calculator or ask your healthcare provider to measure it.)
• Preventive dental exam: Your cost depends on your dental benefits. If you have Aetna PPO dental coverage through the Board of Pensions, for example, a preventive dental exam is covered at 100 percent with no deductible.
• Vision exam: $25 copay for a vision exam from a VSP network provider; $45 copay from a Highmark network provider if you have a medical condition. If you use an out-of-network provider, submit a claim to VSP or Highmark to be reimbursed for part of the expense.
• Well-being retreat: Participants pay travel and hotel costs.
• CREDO conference: $500 participation fee (if eligible and invited).
Using the Call to Health Website

Getting Started

To protect your personal health information, calltohealth.org requires you to create a sign-in name and password. Be sure to make them memorable or write them down for your return visits.

1. Go to calltohealth.org.

2. Your first time to the site, click Get started. Enter your last name, email address, the last four digits of your Social Security number, and your date of birth to identify you as a plan member. You’ll only need to provide this information once.

3. Create a sign-in name. Your sign-in name is used to track your progress, and can be viewed by others (unless you select private each time before completing a challenge or adding a comment). You may want to choose a name that doesn’t reveal your identity, such as Catlover1.

4. Set up a strong (complex) password to keep your health information secure. Complete the other items on the page, and your account is created. You’re on your way!

Levels and Points

Each level (there are two) has an associated point total. When you meet the requirements and earn enough points, you reach a level and receive a reward.

Level 1: Answer the Call

To reach this level, complete the required challenges and any combination of optional challenges to bring your point total to at least 1,000.

- Take the Well-Being Assessment (required) (300 points).

- Get your preventive exam (required annually for those 50 and older; required every 24 months* for those under 50) and record the date of the visit and your physician’s name at calltohealth.org (400 points).

- Engage in other challenges (see the preview of some of the challenges on page 4). Go to calltohealth.org within two weeks of the event to record completing it: Select the challenge tile under Other things to do, click I did this, and enter the visit or completion date, if requested. The point value of a challenge is shown on its tile. Except for your preventive exam, the website permits recording your activity within two weeks only.

* If you are under 50 and had a physical last year, to receive credit and points for meeting this requirement enter the date of the visit and the name of your physician where prompted, even if you entered the same information and received points for it last year.

Level 2: Embrace the Call

To reach Level 2, complete the required challenges and any combination of optional challenges that brings your point total to at least 2,000.

“I am grateful that the Call to Health kicked me into gear and helped me to achieve my goal of being in control of my health and well-being. The health assessment made me take stock and see there were steps that I could take to improve my odds of living longer. I want the BEST odds when it comes to longevity!”

– Nikki Herron, Guest Services Manager, Montreat Conference Center

“What began as a routine step to keep my deductible lower had actually begun to change my outlook on life, as well as my life itself.”

– Rev. Adam Malak, Faith United Presbyterian Church, Tinley Park, IL
Sneak Peek!

Call to Health offers dozens of challenges spanning the four dimensions of wholeness: spiritual, health, financial, and vocational. Choose the challenges that are right for you and will take you to the next level. Visit calltohealth.org frequently; most challenges run eight to 12 weeks, and new ones begin often.

Here’s a preview of some challenges.
Points values are posted with challenges on calltohealth.org.

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Dimension of Wholeness</th>
<th>What You Can Do</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step It Up!</td>
<td>Health</td>
<td>Take 10,000 steps a day at least five days a week.</td>
<td>December 2017 - January 2018</td>
</tr>
<tr>
<td>Practice Positive Thinking</td>
<td>Vocational</td>
<td>Reframe your negative thoughts at least three days a week.</td>
<td>December 2017 - February 2018</td>
</tr>
<tr>
<td>Cold Weather Cooking</td>
<td>Health</td>
<td>Make healthy meals from scratch at least two times a week.</td>
<td>January - February 2018</td>
</tr>
<tr>
<td>Track Your Spending Habits</td>
<td>Financial</td>
<td>Track your spending habits to set attainable goals and reduce debt.</td>
<td>January - February 2018</td>
</tr>
<tr>
<td>What Motivates You?</td>
<td>Vocational</td>
<td>Identify the people, places, or activities that inspire you.</td>
<td>January - March 2018</td>
</tr>
<tr>
<td>Lenten Discipline</td>
<td>Spiritual</td>
<td>Give up something for the 40 days of Lent.</td>
<td>February - March 2018</td>
</tr>
</tbody>
</table>

Tracking Points

Track your progress at My Points, the fourth navigation link at the top of the home page. To see what you’ve done so far, click Points History.

Where To Go when You Need To Know

Have questions about challenges or points? Call the BOP at 800-773-7752 (800-PRESPLAN).
Questions about registering or technology issues? Contact support@limeade or call 855-451-6754.

Member Couples

Each member must complete Level 1 to earn a reduced medical deductible for 2019. If one member of a member couple does not complete Call to Health, only the member who does complete it will receive a reduced deductible.

About Your Privacy

The Board of Pensions of the Presbyterian Church (U.S.A.) is committed to protecting the privacy of personal data, including personally identifiable information. All personal health information is protected and secure in accordance with the Health Insurance Portability and Accountability Act (HIPAA), and is collected and used for medical management purposes only. Please see the privacy policy on pensions.org for details.