"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 gifts. 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 for 2018.

• New: 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.
A New Year for Call to Health!

What’s the Same
- The same engaging website at calltohealth.org — only better — for 2017
- Required and optional challenges for points
- Significantly lower individual and family deductibles for 2018 when members reach 1,000 points
- Unlimited access 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)
- A $100 Amazon gift card for members who earn 2,000 points
- A $100 Amazon gift card for covered spouses who earn 1,000 points
- **Unlimited access to Ignite Your Life health coaching** — through webinars and by phone — for spouses, beginning January 1, 2017
- A new program cycle: October 1, 2016, through November 17, 2017

Calling All Spouses! *(Please share this information with your spouse!)*
Spouses covered by the Medical Plan also 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, beginning January 1, 2017.

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. It’s important to answer the assessment thoughtfully, as your answers influence the challenges and resources you see throughout the site. 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 phone and online 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.

- **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 Level 1 and any combination of optional challenges that brings your point total to at least 2,000.

Did you know that practicing forgiveness has surprising health benefits? Learn about this finding and more in new challenges for Call to Health 2017.
Sneak Peak!

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 for eight to 12 weeks, and new ones begin often.

Here’s a preview of a few of the challenges.

<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>Do Someone a Favor</td>
<td>Spiritual</td>
<td>At least three times a week, go out of your way to do someone a favor.</td>
<td>November – December 2016</td>
</tr>
<tr>
<td>Practice Positive Thinking</td>
<td>Vocational</td>
<td>Reframe negative thoughts at least three times a week.</td>
<td>November – December 2016</td>
</tr>
<tr>
<td>What’s Your Monthly Budget?</td>
<td>Financial</td>
<td>Create or update a monthly budget to keep your expenses on track.</td>
<td>January – February 2017</td>
</tr>
<tr>
<td>Daily Prayer</td>
<td>Spiritual</td>
<td>Pray seven days a week.</td>
<td>February – March 2017</td>
</tr>
<tr>
<td>Know Your Benefits: Teladoc</td>
<td>Vocational</td>
<td>Learn about your benefits, including the new telemedicine benefit available January 1, 2017.</td>
<td>January – September 2017</td>
</tr>
<tr>
<td>Plant a Garden</td>
<td>Health</td>
<td>Plant a vegetable garden and tend it.</td>
<td>April – June 2017</td>
</tr>
</tbody>
</table>

*Points values are posted with challenges.

Tracking Points

Track your points at My Points, the fourth navigation link at the top of the home page.

Call to Health is available to active Medical Plan members and spouses covered through Highmark (PPO or EPO). Call to Health is not available to members or spouses enrolled in Triple-S, GeoBlue, or the Medicare Supplement Plan.

If there is any difference between the information presented in this brochure and the provisions of the Benefits Plan of the Presbyterian Church (U.S.A.), the plan terms will govern.

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 regarding the Board’s use of personal information.

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