

# 2020: What's New to the ELCA-Primary Health Plan

98point6

 learntolive

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Being



Text-based primary care from board-certified physicians

Available 24/7/365

Use for ages 1+

Concerned about coronavirus? We've put together what you need to know about COVID-19, including an assessment on how to protect your health.





[Coronavirus Center](#)

# Our doctors are in, 24/7

The CDC is recommending video visits to help avoid exposure and reduce the risk of being exposed to germs in the waiting room.

[Start Virtual Visit](#)



 <p><b>Social Anxiety</b></p> <p>Do you feel isolated? Is it too difficult or awkward to voice your point of view? Social anxiety has a history of creating barriers that keep us from the lives we want to live. Using the highly effective tools of Cognitive Behavioral Therapy (CBT), we can help you learn to live.</p>	 <p><b>Depression</b></p> <p>Depression affects almost 10% of people each year. Because the root causes of depression are different than those for anxiety, Learn to Live has developed a program specifically for depression. This program applies some of the same proven CBT principles to help people change unhelpful thought and behavior patterns.</p>	 <p><b>Stress, Anxiety &amp; Worry</b></p> <p>Painful stress, anxiety and worry affect up to 30% of the population each year. Stopping the worry cycle can sometimes seem impossible. Learn to Live has developed a program to help you overcome your anxiety struggles and refresh your life.</p>	 <p><b>Insomnia</b></p> <p>Do you have difficulty sleeping? Do you find yourself laying awake at night, unable to get adequate sleep? If you answered yes, then this is the program for you. You'll learn how to harness your fatigue to help you sleep better. You'll find tools to help you let go of the stress and worry that so often contribute to insomnia.</p>
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Utilizes Cognitive Behavioral Therapy

Coaching programs offer phone, email, or text

Use for ages 13+

No out-of-pocket cost

# Employee assistance program

## When you have support, you can accomplish more

We know that emotional health plays a significant role in overall health. That's why it's important to get help right away. And no matter what kind of difficulty you face, you've got a place to start with EAP. Counselors are available to take your call 24 hours a day.

## EAP provides support for all of life's issues, including:

- Marriage and relationships
- Mental health
- Substance abuse
- Legal concerns
- Child care and elder care services
- Financial matters
- Stress and grief
- Work-related issues
- School/college-related resources

## We're here for you

When you call EAP, you and any member of your family covered under your plan can speak confidentially with an experienced EAP counselor with a master's degree who can assess your concerns and help you take the next steps.

### Don't wait – call 24/7

You don't have to handle your problems alone. Call today.

Toll-free **1-800-432-5155**

TTY **1-800-223-5822**

# Being

## Wellness for Faith

A cutting-edge, holistic, faith-based, video learning platform

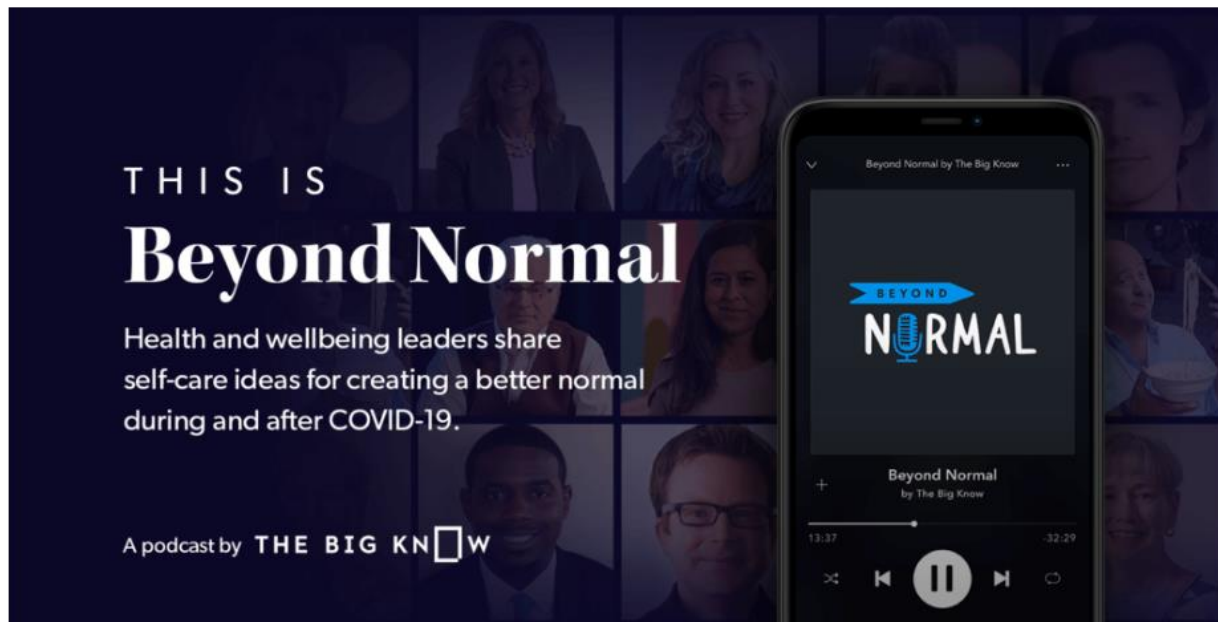
Wellness courses taught by nationally recognized experts

Portico-customized courses focusing on spirituality and vocation

THE BIG KNOW

## New Podcast Series: Beyond Normal

*The Big Know announces expert-led podcast series to promote self care during COVID-19.*



# 2020: What's New to the ELCA Medicare-Primary Health Plan

**MDLIVE**

SilverSneakers





MDLIVE doctors cannot currently order tests for COVID-19.

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[FAQs](#)

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[Sign In](#)

[Español](#)

**MDLIVE**

Virtual Care,  
Anywhere.

Get access to a provider  
by phone or secure video.

→ [Activate Now](#)

Do you receive help from a  
state Medicaid plan and  
Medicare to pay for  
medical costs?

→ [Click Here](#)

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Coronavirus update: Your health is our top priority. [Here's](#) how we're addressing the situation.

# Work out at home on your own time with over 200 videos.

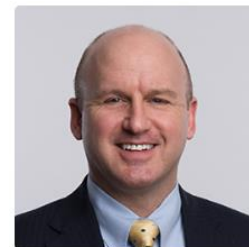
Available at no cost for adults 65+  
on participating Medicare Plans.

CHECK YOUR ELIGIBILITY

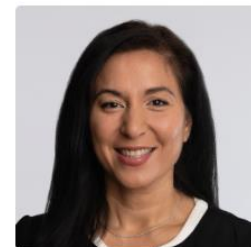
# **Trusted Financial Resources for all Plan Members**

# Portico Financial Planners

- Are plan members like you, who appreciate the realities and blessings of ministry
- Available at no additional cost to you
- Can help you with a wide range of financial planning questions and concerns
- Are there to serve you with your best interest in mind



Brooks Rankin, CFP®, CLU®, ChFC®  
Manager, Financial Planning Team



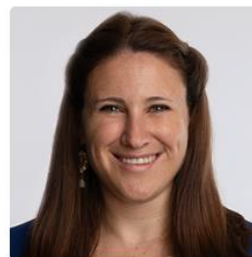
Dolly Bilyeu, CFP®  
Financial Planner



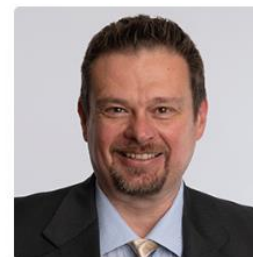
Nancy Coleman, CRPC®  
Financial Planner



Mark L. Duder, CFP®, CLU®, ChFC®,  
CASL®  
Financial Planner



Kristin Lutz, CFP®, CRPC®  
Financial Planner



John Treptow, CFP®, CRPC®  
Financial Planner

Call us at **800.922.4896**

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Benefit Services | A Ministry of the ELCA



## Financial Choice

for Portico Benefit Services Members

Through Financial Choice, you can access up to six confidential sessions with LSS Financial Counseling at no charge to you.

### Work with a Certified Financial Counselor to:



- Complete a financial wellness check
- Determine your personal goals
- Build a budget
- Improve your credit score
- Manage your student loans
- Consolidate payments with a Debt Management Plan
- Homeownership assistance (homebuying and/or foreclosure prevention)
- Avoid financial scams

### Your Financial Choice benefit includes:

- Up to six counseling sessions at no charge to you
- Waived setup fee for Debt Management Plan
- Free credit report review
- Student loan and housing specialists on staff
- Convenient meetings online or over the phone

**Get started today**

**800.528.2926**

[www.lssmn.org/portico](http://www.lssmn.org/portico)

LSS Financial Counseling is a non-profit, full service financial wellness organization, helping people reach their financial goals since 1987.

In partnership with

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Portico Benefit Services is happy to provide access to this service in support of your financial wellness. Portico Benefit Services does not warrant the accuracy, completeness, or reliability of LSS Financial Counseling.

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# COVID-19 Health Coverage and Assistance





[YOUR BENEFITS](#) ▾

[RETIREMENT CENTER](#) ▾

[CALL TO LIVE WELL](#) ▾

[OVERVIEW & LIFE CHANGES](#) ▾

[YOUR ACCOUNT](#) ▾

## During These Unprecedented Times

Find timely information in our new Resource Center.

[Learn More](#) →

## So You Can Invest for Tomorrow — and Today

The 2019 Churchwide Assembly called Portico to raise awareness of ELCA social purpose investment funds, and we've responded. Learn what they are, the positive impact they create, and see what funds you're currently in.

[Social Purpose Option](#) →

## Message to Members

With a long-contested lawsuit behind us, we remain steadfast in our enduring commitment to support the holistic well-being of those who serve.

[Learn More](#) ↗

# COVID-19

- ELCA—Primary Health Plan and
- ELCA Medicare-Primary Health Plan

COVID-19 Testing and Treatment Covered at 100%



# Here to Help You

- Customer Care Center

800-352-2876 or [mail@PorticoBenefits.org](mailto:mail@PorticoBenefits.org)

- Deacon Terri Endres, Regional Representative

952-221-2000 [tendres@porticobenefits.org](mailto:tendres@porticobenefits.org)