

## A Church Pension Group reminder:

# Exercise your retiree health benefits.

Not only do you have great health benefits, but our website offers a wealth of strategies for improving your overall wellbeing. The more you take advantage of your benefits, the more it could benefit you.

### SilverSneakers®

Wish you could exercise at a gym?  
Enjoy free workouts and classes at  
more than 12,000 locations, as well  
as special classes designed by  
experts in older adult fitness.



[Search your area](#)

### Health Advocate

Need help resolving a medical claim,  
finding a doctor, or understanding your  
treatment options? Let Health Advocate  
handle it for you. [Learn more](#) on their  
website (organization: The Episcopal  
Church Medical Trust) or call (866) 695-  
8622. Calls are confidential and  
complimentary.

[Check it out](#)

### New online learning center

Take a nutrition course, increase  
your mindfulness, become more  
resilient, and find so many other  
helpful strategies for improving  
your overall wellbeing.

[Explore](#)

### [Learn about all of your retiree benefits.](#)

Or call Client Services at [\(888\) 735-7114](#), Monday – Friday, 8:30AM – 8:00PM  
ET (excluding holidays).

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CPG [here](#) and stay  
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