Check in with Your Goals this New Year

By Krishna Choudhri, MS, RD, CDE, CDN
and Anna Molin, CFP

A SMART approach can move you beyond setting goals — it can move you towards reaching them.

Beginning in 2018, members who are enrolled in a Medical Trust active or retiree health plan will receive their vision benefits through EyeMed Vision Care’s Insight network.

What's New in the eLearning Library!

If eating healthier is one of your goals for 2018, take our new nutrition course, Your Next Meal: Finding Real Nourishment for Body and Soul. Clergy, click here to check it out. Lay employees, click here.

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Comments or questions about Health & Wellness News? Please email us at wellness@cpg.org.

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