Health & Wellness News

Fall 2017

Preparing for the times ahead

Why Life Insurance Could Be Right for You Now
By Janet Todd, Ph.D.
Securing the future needs of your family is crucial, and creating a plan can seem daunting, but there are reliable ways to care for your loved ones. Read more

Member Story: A New Triathlete: Three New Churches — Three New Sports
By The Rev. E. Wendy Huber
Moving to the Rocky Mountain region, where everyone seems to run and hike and ski, was a culture as well as a fitness shock. Here’s what I did. Read more

Open Enrollment
This is the time of year when you can re-evaluate your benefits and review current plan elections to ensure they continue to meet your needs and those of your family. Read more

Did You Know?
In 2016, 3,455 members took advantage of their Cigna Employee Assistance Program (EAP) benefits. If you have a medical or emotional related issue that you would like to discuss confidentially, and have health coverage provided by the Episcopal Church Medical Trust Plan, call the EAP today at (866) 395-7794, or sign in to Cigna Behavioral Health using the Employer ID: episcopal.

Have you or your congregation made a healthy change? Email member stories and recipes to wellness@cpg.org. They could be published in an upcoming issue.