

August 2023



# Health & Life

*the Eder Way*

## Set up a QSEHRA and help your pastor

Are you a small church or organization with a handful of employees but you want to support their health and well-being? You can contribute to their healthcare costs through a Qualified Small Employer Health Reimbursement Arrangement. A QSEHRA allows employers with fewer than 50 employees to provide non-taxed reimbursement

of certain healthcare expenses, like health insurance premiums and coinsurance. For more information, view these videos of [Jeremiah Thompson](#), Eder Director of Health & Life Benefits, explaining a QSEHRA and of [Katie Shaw Thompson](#), a pastor whose congregation helped her set up a QSEHRA, talking about how it works for her.

## What does your plan include?

Medical plans generally include various benefits. The Eder Medical Plan includes a robust and extensive catalogue of benefits including:

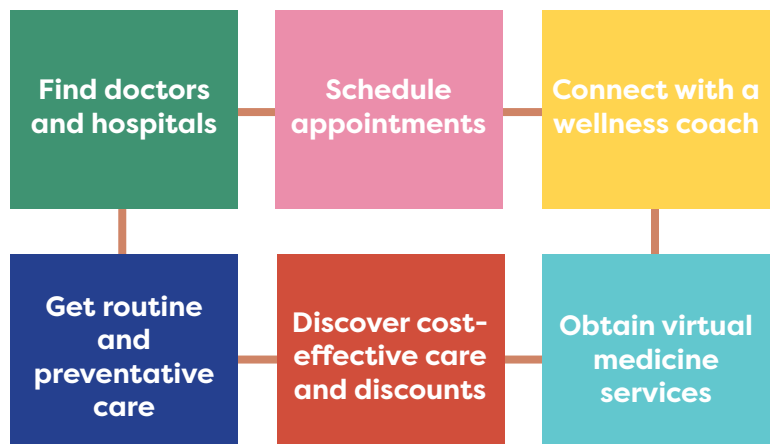
- Concierge service
- Member discounts
- Virtual diabetes management including:
  - Wearable glucose meter
  - Support and check-ins
- Virtual medicine for quick 24/7 access to your health-care provider
- Virtual physical therapy
- Wellness coaching
- WellNow Rewards program including:
  - Highmark App
  - Digital Health Assessment
  - Biometric screenings
- Preventive exams and screenings
- Pregnancy services
- Member website
- In-network doctors
- Mail-order prescription drugs

Take the time to review your plan and see what it offers. You may be surprised at what you find!

**Did you know:** [Half of US adults skip health screenings, survey finds \(fiercehealthcare.com\)](#)

## Medical device at your fingertips

Have you ever thought of your smart phone as a medical device? Well, in many ways it can be. Smart phones can put medical resources and providers at your fingertips. A smart phone can be used to provide personal healthcare assistance 24/7. With a smart phone at your fingertips, managing your health is just one tap away. You can often –



## What's on your mind?

Each month, our aim is to share information you will find helpful as you navigate your health and life. Are there topics you would like to know more about? For instance, are you moving into retirement and would like to know about Medicare and Medicare supplement insurance? Are you in the middle of your working life and want to know about disability insurance? The Eder Medical Plan has a rich array of benefits; are there features for which you want more information? Tell us what you want to learn more about. Email your topics to [newsletters@eder.org](mailto:newsletters@eder.org) and we'll address them in an upcoming issue.

*Lynnae Rodeffer*  
Vice President,  
Products and Services



Talk to your organization's benefits contact or Debbie Butcher at 847-622-3391 or [insurance@eder.org](mailto:insurance@eder.org).