

January 2024



Health & Life

the Eder Way



A New Year wish!

“Wishing you good health in the New Year” is a common and almost clichéd statement we say to one another. And why not? There are very few things that are more important than good health. At Eder, we say this proudly because our health plan offers members dozens of ways to support and improve their health through screenings, immunizations, virtual consultations, diabetes monitoring, health coaching, and many more. We believe prevention is key. These services create the opportunity for early detection and monitoring, to maintain and even improve one’s quality of life. So, as we kick off 2024, we’re determined to help members understand what’s available to them. If you’re not a member, we encourage you to turn to your provider to find out your options. And—wish yourself good health in 2024!

Jeremiah Thompson
Director
Health & Life Benefits



Prevention is at the heart of the Eder Medical Plan

Very few people use their health insurance to prevent illness. Approximately 30 percent of Highmark members get their annual wellness/preventive visit, according to an internal study. In 2020, it was estimated that [only 8% of Americans get routine preventive screenings](#). Proudly, over 50 percent of Eder Medical Plan members use their preventive benefits and the Eder Medical Plan, powered by Highmark, is helping members live a healthier life by providing:

- The widest network of healthcare providers in the U.S.
- Coverage for expenses from both in-network and out-of-network providers.
- 100% coverage for most preventive care services (no deductibles and no copays).
- In-network retail pharmacy and mail-order coverage for prescription drugs.
- No benefit reductions for inpatient or skilled nursing facilities, home care, and private duty nursing when you obtain pre-certification.

As you strive to live healthier this year, here are a few things you can do to improve your personal wellness:

- Completing a health assessment
- Completing a biometric screening
- Participating in programs to digitally monitor stress, sleep, weight, & nutrition
- Engage in health coaching to lose weight, quit smoking, sleep better, reduce stress, and manage chronic conditions.
- Practicing healthy values and activities by monitoring your
 - Body Mass Index
 - Systolic blood pressure
 - Diastolic blood pressure
 - Total cholesterol
 - Triglycerides, HDL, & LDL
 - Blood pressure
 - Blood glucose

If you are not a member of the Eder Medical Plan, ask your provider if similar programs and services are offered or use our plan features as a guide to find a similar plan that offers services geared toward your specific medical needs.

Highmark & Eder: Connecting for you

Eder Medical Plan partners with Highmark Blue Cross Blue Shield to provide health insurance. These video links on the right help explain Highmark’s offerings and show why we value this partnership.

If you do not have Eder Medical Plan check with your health insurance carrier for extra services that they may provide.



Talk to your organization’s benefits contact or Debbie Butcher at 847-622-3391 or insurance@eder.org.