

January 2023



Health & Life

the Eder Way

Paycheck Protection: An advantage of disability insurance

The Federal Reserve Board reported in May 2020 a study conducted by the Survey of Household Economics and Decisionmaking that revealed that nearly 40% of Americans would struggle to pay an unexpected expense as little as \$400. Now, add a disabling incident that lasts two years. This amounts to 104 weeks of missed paychecks.

Setbacks like this can be life changing, but having disability insurance can help lessen the blow.

I know first-hand how helpful disability insurance is when you find yourself suddenly needing it. Understanding your insurance coverage is one way to have peace of mind when the unexpected happens.

[Learn more at \[ederfinancial.org/Long-Term-Disability\]\(https://www.ederfinancial.org/Long-Term-Disability\)](https://www.ederfinancial.org/Long-Term-Disability)

Lynnae Rodeffer

VP of Products and Services



You've got benefits!



Biometric screening is included in the Eder Medical Plan WellNow Rewards program. It is a clinical screening that provides vital health information by checking your Body Mass Index (BMI), cholesterol, blood pressure, blood glucose, and conducting other health tests. Biometric screenings are not meant to replace routine exams with your doctor, but they will give you a snapshot of your overall health and help identify disease and illness. This type of assessment could be important even if you are not in Eder Medical Plan.

Let's talk about your deductible

De-duct-i-ble [noun] The amount you pay for covered health care services before your insurance plan starts to pay.

It's the beginning of the year, which means your health insurance deductible resets. While everyone's deductible is different, with a \$2,000 deductible, for example, you would pay \$2,000 of the cost of covered services. Then, the financial burden for any additional covered service you undergo is covered by your medical insurance plan for the rest of the year, depending on any plan co-insurance or co-payments.

Why is this important? Understanding this annual process will help you earmark money to cover your medical bills in the early months of the year. Plus, keeping track of how much you've paid and when your deductible has been met will help you take full advantage of your plan.

Preventive care: stay a step ahead of health problems

Preventive care enables your doctor to identify health problems earlier – when they're easier to treat. Many medical plans, including Eder Medical Plan, offers several free annual services, such as:

- Routine cholesterol checks
- Diabetes screenings
- Mammograms
- Pap tests
- Gynecological exams
- Colorectal cancer screenings
- PSA-Based screening
- Wellness exams
- Immunizations
(In-network pharmacies)

Now is the time to schedule these preventive services.

(Note: Your physician could order additional diagnostic tests that may or may not be covered. Check with your healthcare provider for your preventive services schedule.)

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