

March 2024



Health & Life

the Eder Way



Easter Hope

“I still believe in Santa, the Easter Bunny, the Tooth Fairy, and true love. Don’t even try to tell me different.” These are the words of the iconic country singer and songwriter Dolly Parton. Dolly was saying that against all odds she believes in the ineffable, in that which is beyond evidence and gives hope.

In a more serious sense, Easter embodies hope because it celebrates the resurrection that is beyond all rational thought and scientific evidence. It promises that there will always be new life and that in the midst of a world of war, hunger, illness, and pain, where death seems to be the final reality, hope still lives.

Jeremiah Thompson
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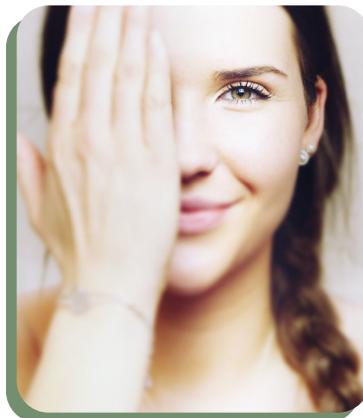
Think GREEN



March 17 is St. Patrick’s Day and that means enjoying all things green. According to *Psychology Today*, green environments tend to increase creativity and encourage concentration – a good choice for a painter’s studio or a home office. For some, when they think of green, they imagine something tranquil like lush grass or thick forests, while others may think of money or luck.



When we think of green, we think of healthy living. A 2021 study concluded eating 1 cup of leafy greens a day lowers your risk of heart disease. Eating green vegetables like kale and broccoli may even slow the aging process. For some, having one serving of leafy green vegetables per day resulted in slower cognitive decline and increased muscle strength. Add the fact that most leafy green vegetables contain high levels of fiber, vitamins, and minerals and you’ve got a healthy way to enjoy green!



Eye-catching Coverage!

Eder Vision Insurance members can save hundreds, if not thousands, of dollars each year. Members can save as much as 100% off the cost of vision services, including exams. Because preventative eye exams not only address eye health but can also lead to the detection of other unfavorable conditions within the body, saving on your overall medical costs is possible too.

In addition to eye exams, Eder Vision Insurance, powered by EyeMed, helps pay for prescription eyeglasses and contact lenses. And if you are a member who’s considering Lasik surgery, you can receive a discount of up to 15 percent when you select an in-network provider.

Oh! Remember, as a member, your coverage also includes a discount for hearing aids. For more information, refer to the 2024 Benefits Guide you received at open enrollment or email us for your copy.

Whether you have Eder Vision Insurance or not, we encourage you to learn about your vision plan. If you do not have vision insurance, consider adding it to your portfolio.

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