

SERVING THOSE WHO SERVE OTHERS

For more than 300 years, The Board of Pensions of the Presbyterian Church (U.S.A.) and our predecessors have proudly provided generations of ministers, employees, and their families with care and support.

Today, our work includes serving congregations, affiliate organizations, their employees, and ministers of the Word and Sacrament with comprehensive benefits and programming that supports holistic well-being.

We serve approximately 65,000 members with personalized, compassionate support — for any benefits question, big or small.

HOW MAY WE SERVE YOU?

Call us at **800-PRESPLAN (800-773-7752) (TTY: 711)**.

If there is any difference between the information presented here and the provisions of the Benefits Plan of the Presbyterian Church (U.S.A.), the plan terms will govern.



THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)

2000 Market Street | Philadelphia, PA 19103-3298 | 800-PRESPLAN (800-773-7752) (TTY: 711) | pensions.org

MLR-MP25



MAKE THE MOST OF YOUR MEDICAL BENEFITS

Beyond sickness and injury, your medical coverage through The Board of Pensions of the Presbyterian Church (U.S.A.) provides a variety of plans and programs that support your wholeness and well-being.



THE BOARD OF PENSIONS
OF THE PRESBYTERIAN CHURCH (U.S.A.)



EMPLOYEE ASSISTANCE PLAN NEW PROVIDER FOR 2025

The Employee Assistance Plan (EAP) is provided by **Spring Health** in partnership with Highmark Blue Cross Blue Shield. The EAP provides mental health care navigation and more at no cost to you, including:

- **up to six clinical therapy sessions** with a Spring Health provider
- **unlimited virtual coaching sessions** with certified coaches
- **24/7 support and crisis assistance** from a licensed professional
- **work/life guidance** including referrals for home and pet care, as well as legal, financial, moving, travel, adoption, and educational needs

And as a Medical Plan member, when you start treatment with a Spring Health provider, you can continue with that provider after using the six clinical therapy sessions through the EAP, and care will be in-network. Copays, deductibles, and/or coinsurance apply after the sixth visit.



**1 in 5 adults and
1 in 6 children**
experience a mental
health condition each year



**It takes up
to 11 years**
to find the right care

Connect with Spring Health and start your digital self-assessment!



ACCESS TO ASSISTANCE PROGRAMS

Your medical coverage through the Board of Pensions gives you access to need-based grants. Supported through generous donations, the Assistance Program helps eligible members and their families in need.

- The Board offers 11 types of grants; eligibility varies by type of assistance.
- Eligibility includes members who are ministers and employees serving the Church and members who work for organizations affiliated with the PC(USA), such as senior housing and care facilities, colleges and universities, and camps and conference centers.

Learn more about these programs at pensions.org/assistance.

LIFELONG LEARNING

The Board of Pensions provides educational programs for active and retired members of the Benefits Plan, their spouses and partners, surviving spouses, employers, and seminarians, including:

- e-learning
- Retirement Conversations
- webinars
- Well-Being Wednesdays
- Well-Being Retreat
- seminars
- CREDO (for clergy)
- education resources



Learn more about these programs at pensions.org/lifelong-learning.



BENEFITS SUPPORT FROM OUR PARTNERS

Learn more about how our partners can help you access all the benefits available to you.

- **Get support with care navigation through Quantum Health** when you have questions about your medical or prescription drug benefits or need help with a healthcare issue. Go to **myqhealthpcusa.org** to register or call **855-497-1237**.
- **Manage your prescription drug benefits with Express Scripts**, including filing claims using mail order, finding participating retail pharmacies, and more. Visit **express-scripts.com** (or use the single sign-on feature from **myqhealthpcusa.org**).
- **Consult with a doctor 24/7 with Teladoc** by phone or online for less than the cost of an in-person visit when a visit to your doctor's office isn't practical. Go to **teladoc.com/enter** to register or log in.
- **Living with diabetes? Sign up for Livongo** to get an advanced glucometer, unlimited test strips and lancets, and health coaching — all at no additional cost. Visit **join.livongo.com/BOP/register**, or call Livongo at **800-945-4355** and mention code BOP.
- **Be an active participant in your well-being** and earn reduced deductibles and e-gift cards along the way when you answer the **Call to Health**. For more details, see **Live Your Life Abundantly** on the reverse side.



OTHER SPECIAL FEATURES

To help meet all your needs, other Medical Plan benefits include:

- preventive care benefits
- hospital, medical, and surgical benefits
- behavioral health (mental health and substance use disorder) benefits
- Centers of Excellence for complex and costly surgical procedures
- annual vision exam benefit
- international medical care

Visit **pensions.org/medical** to learn about these benefits and more.



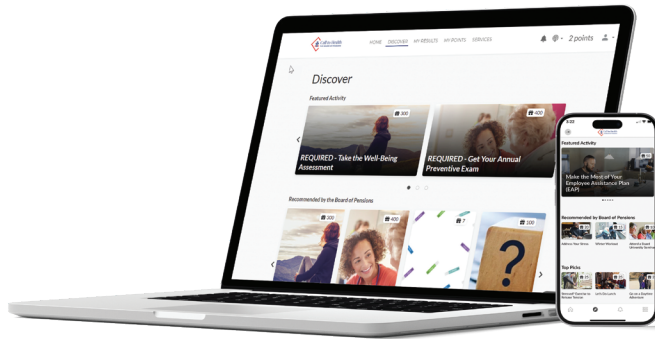


LIVE YOUR LIFE ABUNDANTLY

Begin your journey to wholeness with Call to Health

Call to Health, the Board's online well-being program, encourages you to take steps toward wholeness by focusing on spiritual, health, financial, and vocational well-being.

When you participate, you can earn points and reach certain levels to qualify for gift cards and reduced medical deductibles for 2026. If you're married, your covered spouse can participate, too.



Getting started with Call to Health is easy

If you're already registered, log in to **calltohealth.org**, or download the Limeade app using the QR code below.



Download the Limeade ONE app from the Apple or Google app store and enter program code **boardofpensions** to get started.

New to Call to Health? Learn how to register at **pensions.org/start-call-to-health**.



Spring Health connects members with the right mental health care at the right time

To help you get started on your mental well-being journey, **Spring Health** offers a digital self-assessment that screens for mental health conditions, then provides guidance to help you find personalized care and providers based on your needs in **as few as three days**.

To activate your account and take your assessment, visit **care.springhealth.com/sign_in** and click the Create Account button. You can also call **Spring Health** at **844-931-4465**.

Learn more about the EAP at **pensions.org/eap**.