## **Text for quarterly emails, letters, memos to employees**

###### **Email 1 (Q1 January): New year, new you with Call to Health**

##### New year, new you with Call to Health

##### Subject line: Start the year off right with Call to Health

Whatever your New Year’s resolutions are, there’s a [Call to Health](http://www.pensions.org/calltohealth)\* activity to help you get, and stay, on track to a better you this year. Call to Health activities are designed to help you develop healthy habits in each of the four areas of wholeness — spiritual, health, financial, and vocational — so you can bring your best gifts to every dimension of your life.

To learn more about how the program works, visit **pensions.org/calltohealth**. You can get started today!

Wishing you the best of health,

##### [Name]

\*Call to Health is available to employees and their spouses with medical coverage through the Board of Pensions; it is not available to members enrolled in Triple-S, GeoBlue, or the Humana Group Medicare Advantage PPO plan.

###### **Email 2 (Q2 April): Annual preventive exam**

##### Annual preventive exam

##### Subject line: Schedule your annual preventive exam

One of the best preventive measures you can take against both heart disease and cancer is to see your doctor for an annual preventive exam. Your doctor can detect and address any underlying problems, such as high blood pressure or high cholesterol, even if you aren’t having any symptoms. They can also make recommendations for lifestyle, exercise, or diet changes to help you improve or maintain your health.

And, having a preventive exam is a required Call to Health activity. Be sure to [record your annual exam to earn your Call to Health](http://www.calltohealth.org/)\* points. Remember, too, that there’s no cost to you when you see a network provider for your annual exam and other recommended [preventive care](https://www.pensions.org/what-we-offer/benefits-guidance/medical-benefits/Preventive-care).

Wishing you the best of health,

##### [Name]

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###### **Email 3 (Q3 July): Take the Call to Health Well-Being Assessment**

##### Take the Call to Health Well-Being Assessment

##### Subject line: Have you taken the Call to Health Well-Being Assessment?

The online Well-Being Assessment is a [Call to Health](http://www.pensions.org/calltohealth)\* activity required yearly. The assessment is designed to help you become more aware of your good habits and where you can do better. Once you complete your assessment, you’ll see your results immediately, including your top three strengths and your top three areas for improvement. Your answers and results are *completely confidential*, in accordance with federal law.

**A personalized experience**

Once you complete the assessment, you’ll see recommended activities under Based on your Well-Being Assessment on your **Discover** page. These are activities to help you work on areas identified for improvement. For example, you may see recommended activities to help with managing stress and anxiety, financial well-being, or self-care, depending on the results of your Well-Being Assessment.

And, if you’re new to Call to Health, you’ll receive a $50 Tango card when you register as a new participant at [calltohealth.org](http://www.calltohealth.org) *and* take the Well-Being Assessment.

Wishing you the best of health,

##### [Name]

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###### **Email 4 (Q4 October): Have you earned your Tango card?**

##### Have you earned your Tango card?

##### Subject line: Embrace the Call to Health and receive a $50 Tango card

Did you know that when you complete Call to Health\* you can earn as many as three $50 Tango cards? And if you’re married and your spouse has medical coverage through the Board of Pensions, they will receive a $100 Tango card when they complete Call to Health Level 1.

The Tango card is a digital rewards card that you can redeem for gift cards or donate to charitable organizations. Read about [how Call to Health works](https://pensions.org/your-path-to-wholeness/call-to-health/how-call-to-health-works) to get the details. Then log in to [calltohealth.org](https://calltohealth.limeade.com/brandedlogin.aspx?e=BoardOfPensions) to answer the call and get your Tango card.

You’ll also qualify for reduced medical deductible(s) for 2026 when you complete [Call to Health Level 1](https://www.pensions.org/your-path-to-wholeness/call-to-health/how-call-to-health-works) by the deadline. Call to Health ends Nov. 7, 2025, so don’t delay!

Wishing you the best of health,

**[Name]**

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