



We are each called to wholeness — to live life abundantly.

To be whole is to thrive in all ways: spiritual, health, financial, and vocational. Call to Health helps you work toward wholeness by focusing on these four key dimensions, so you can bring your best gifts to every aspect of your life.

How Call to Health works

To answer the call, complete activities — some required and others you select — to earn points and achieve levels. You can save hundreds of dollars on your medical deductible(s) for next year and earn up to \$100 in Tango gift cards by completing all three levels. Covered spouses can also participate and receive a \$100 Tango card when they complete Level 1. Employees who register for the first time and complete the Well-Being Assessment receive a \$50 Tango card!

LEVEL 1: ANSWER THE CALL

To save on your deductible(s) for next year, complete the following activities to earn at least 1,000 points:

- **Take the confidential Well-Being Assessment** (300 points).
- **Get your preventive exam** and record the visit at calltohealth.org (400 points).*
- **Engage in other optional activities** you select (300 points combined).

LEVEL 2: EMBRACE THE CALL

Complete the required activities and any combination of optional activities that brings your point total to at least 1,500 points, and you'll receive a \$50 Tango card.

LEVEL 3: LIVE THE CALL

Keep going and earn at least 2,000 points to complete Level 3 and receive another \$50 Tango card.

COMPLETING ACTIVITIES AND TRACKING POINTS

Log in to calltohealth.org and select the **Discover** tab. You'll find required activities, activities recommended for you based on your Well-Being Assessment, and other activities you've participated in, plus new activities from the Board of Pensions. (To access the Discover page on the mobile app, go to the compass symbol at the bottom next to the home symbol.) Once you join an activity, it will be added to your homepage under **My Activities**. The point value of an activity is shown on its tile.

To earn points, log back in within two weeks of completing an activity to record it. Select the activity tile, click **Get Started**, click on the completion date, and click **Track**. Except for your preventive exam, you must record completed activities *within two weeks*.

Track your progress at **My Points** at the top of the homepage. (To access the My Points page on the mobile app, tap your profile image in the top left corner, then go to My Points.) To see what you've done so far, click **Points History**.

*A preventive exam is required annually for those 50 and older or every 24 months for those under 50. If you are under 50 and had a physical last year, to receive credit and points for meeting this requirement, enter the date of the visit and the name of your physician where prompted, even if you entered the same information and received points for it last year. A virtual checkup, if available from your physician, may be used to meet the preventive exam requirement.

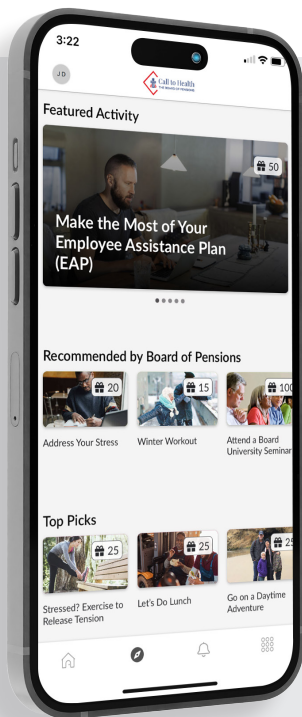
Getting started with Call to Health

After you've registered for Call to Health, click **Discover new activities** or the **Discover** tab at the top of the page to find and join Call to Health activities.

The page consists of the following sections.

- **Featured Call to Health activities**, including required activities (Take the Well-Being Assessment and Get Your Annual Preventive Exam) and others with special emphasis on a particular topic or season
- **Activities recommended by the Board of Pensions**, focusing on all dimensions of wholeness: spiritual, health, financial, and vocational
- **Top Picks**, including special My Choice activities based on past participation. My Choice activities offer another way to work toward goals and earn Call to Health points; participants can earn up to 500 points by completing My Choice activities.
- **Additional My Choice** activities based on Well-Being Assessment results, including activities to help with managing stress and anxiety, financial well-being, or self-care, depending on your results
- **Trending Now**, featuring some of the most popular activities others are participating in

To join activities, click on the activity tile, then click **GET STARTED**. After joining an activity, it will move to your homepage under My Activities. The homepage is also where you can review posts on the Call to Health News Channel and see how many points you have earned.



Access Call to Health on your mobile device

- Open the Apple App Store on your iPhone or Google Play Store on your Android device.
- Search for Limeade ONE and download the app.
- Open the app and enter the program code: **boardofpensions**.
- Log in with your email address and password.

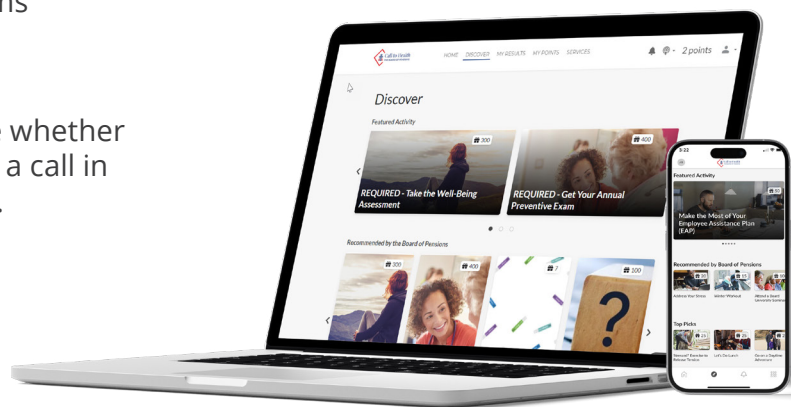
Note: Check whether you previously downloaded the old Limeade app. You will need to delete it before downloading the new Limeade ONE app.



Registering for Call to Health

- 1 You'll receive a welcome email from the Call to Health team with a link to register at calltohealth.org.
- 2 The first time you visit the site, click the **Sign up** link at the bottom of the page and then enter your last name, date of birth, and the last four digits of your Social Security number. Click **Find Account**.
- 3 Enter your email address and create a password to use when you log in.
- 4 Select the checkbox to accept the Terms of Service and Privacy Policy and click **Register Account**.
- 5 Enter your phone number and choose whether you want to receive a text message or a call in order to securely access your account. You'll then be prompted to accept program consents.
- 6 Make Call to Health a daily practice, even after you've earned reduced deductibles and Tango cards. You'll find recommended activities and Top Picks for you, along with new challenges throughout the year to help you stay motivated as you work toward being your best.

Note: Your covered spouse will not receive a welcome email but can go directly to calltohealth.org to register.



The Tango card

The Tango card is a digital rewards card that you can redeem for gift cards from national retailers selected by the Board of Pensions for their focus on healthy living and well-being. Or, you can donate the value of your Tango card to charitable organizations.*

*If redeeming the Tango card for a gift card, you are responsible for reporting the gift card amount as taxable income when filing your tax return. Designation of the Tango card to benefit a charity is considered a charitable deduction for tax purposes.



POTENTIAL COSTS

There's no cost to you to participate in most Call to Health activities. A few activities, however, may require you to pay limited out-of-pocket costs.

Nutritional counseling: When you see a network provider and your body mass index (BMI) is less than 30, regular plan provisions apply (PPO: \$25 copay; EPO: \$40 copay; HDHP: 100% of cost until you pay the deductible, then 20% coinsurance up to annual out-of-pocket maximum); if your BMI is 30 or more, you pay \$0. (Use an online BMI calculator or ask your healthcare provider to measure your BMI.)

Preventive dental exam: Your cost depends on your dental benefits. If you have Aetna PPO dental coverage through the Board, for example, a preventive dental exam is covered at 100% with no deductible.

Vision exam: You pay a \$25 copay for a routine vision exam from a VSP network provider. If you use an out-of-network provider, submit a claim to VSP to be reimbursed for part of the expense.

Well-Being Retreat: Participants pay any travel and hotel costs.

CREDO conference: Attendees pay a \$500 participation fee.

QUESTIONS?

Call the Board at 800-PRESPLAN (800-773-7752) (TTY: 711) if you have questions about activities or points. For questions about registering or technology issues, go to support.limeade.com and click Help, or call 888-935-5228.

About your privacy

The Board of Pensions of the Presbyterian Church (U.S.A.) is committed to protecting the privacy of personal data, including personally identifiable information. All personal health information, including the information you provide when taking the Well-Being Assessment, is protected and secure in accordance with the Health Insurance Portability and Accountability Act (HIPAA) and is collected and used for medical management purposes only. See pensions.org/membertnotices for details. No genetic information is collected in the Call to Health Well-Being Assessment.

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

This is not a full description of benefits and limitations of the plan. 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. Visit pensions.org or call the Board at 800-PRESPLAN (800-773-7752) (TTY: 711) for a copy of the plan document.

