**Email to employees**

**Subject line:** Register for Call to Health today!

When you learned about our medical benefits, you also heard about Call to Health — our well-being initiative. Call to Health promotes wholeness through the spiritual, health, financial, and vocational aspects of our lives, and offers you the opportunity to save money on medical deductibles for you and your family!

**To receive the reduced Call to Health medical deductibles for [year], you must register and complete Level 1 (1,000 points) by November [insert day and year]*.*** Why not get started today?

[Answering the Call to Health](http://www.pensions.org/your-path-to-wholeness/call-to-health/answering-the-call) is as simple as 1-2-3.

1. Register on the [Call to Health website](https://calltohealth.limeade.com/brandedlogin.aspx?e=BoardOfPensions) on your desktop browser (access is also available through [Benefits Connect](https://logon.pensions.org/)), or on your mobile device. When you register *and* take the confidential Well-Being Assessment (worth 300 points), you’ll be well on your way to reaching Level 1. You’ll also receive a $50 Tango card, which can be redeemed for gift cards or used to make charitable donations — you decide!
2. Record your activity as you complete challenges to [accumulate points](https://www.pensions.org/your-path-to-wholeness/call-to-health/earn-points-and-levels/). You must complete Call to Health Level 1 (1,000 points) by November [insert cut-off date] to enjoy reduced medical deductibles next year. Complete Level 2 (1,500 points) to receive a second $50 Tango card. You’ll receive another $50 Tango card when you complete Level 3 (2,000 points).
3. Visit the website on a regular basis to track your progress and discover new challenges.

You may already have completed things that can help you answer the Call to Health! There is a ‘look-back’ period that allows you to include your **preventive care exams** (such as an annual physical or OBGYN visit), as well as dental and vision exams, since November [date, prior year]. (If you are under the age of 50, you can record preventive exams you’ve had since November [date, two years prior].)

Here’s an easy way to earn another 50 points: once you complete the registration process, look for and join the ‘Take your well-being with you’ challenge. Follow the instructions and download the Limeade iOS or Android app to join Call to Health activities, check your progress, and stay on track — wherever you are!

If you have questions about *any* aspect of your medical coverage — including preventive care, prescription drug coverage, vision exam, Teladoc, the Employee Assistance Program, or Call to Health — visit [pensions.org](http://www.pensions.org/what-we-offer/benefits-guidance/medical-benefits), call the Member Services team at 800-773-7752 (800-PRESPLAN), or email memberservices@pensions.org.