

Benefits of Caring

Summer 2025 newsletter



Sunshine and the surf. What else is new this summer?

Inside this summer issue:

- **Page 2:** Don't forget to make the most of your pension plan, visit the Total Rewards website and discover myStrength's new home at Teladoc Health.
- **Pages 3-4:** Need a refresher on our medical plans? We compare all four plans on these pages. Also, don't forget to update dependents on your plans when you experience a life event!
- **Page 5:** Ambulatory & Urgent Care at Melville is now open, and Mercy Hospital is offering an asthma self-management training program for both patients and their parents.
- **Page 6:** A new call center answers your questions about key MetLife benefits like Accident, Critical Illness and Hospital Indemnity plans.



Are you prepared for retirement with the Pension Plan?

Eligible employees automatically become plan members when you:

- Reach age 21;
- Complete at least 1 year of service; and
- Are scheduled to work a minimum of 20 hours per week on a regular basis.

Key highlights of the plan include:

- Your retirement benefit will depend on your eligible earnings, the number of years you were participating in the Pension Plan and the age at which you begin to receive benefits.
- You are vested after five years of continuous service.

Benefits are determined for each year that you work after becoming eligible to participate in the plan. The final benefit is based on a formula rather than on the performance of the stock market — the money you receive in the pension plan never stops for as long as you live!

Additional retirement resources, like the Pension Plan & 403B flyer, are available on the Catholic Health intranet on the MyHR page under Pension, 403B & Retirement Info.

On the portal, you can run a pension estimate to plan for retirement and access your personal pension benefit information after one year of service. You can also access your pension plan status, the most recent annual statement and the various optional forms of payment at any age starting with your early retirement date.

For more information, call the Diocese of Rockville Centre Retirement Solution Center at (833) 377-7572 or access the Pension Self-Service Portal:

client.sbcsystems.com/DRVCess

Make the most out of your Total Rewards!

Total Rewards statement refresh coming soon

At Catholic Health, our greatest asset is our people, and we deeply value your dedication to the organization and to the community that we serve every day. Our goal is to provide you — our employees — with a top-notch, comprehensive benefits program, designed to help protect your health, income and savings now and in the future.

Your Total Rewards website offers:

- A holistic view of your compensation, benefits and Retirement Plan balances.
- An overview of what Catholic Health is contributing on your behalf.
- Your total retirement balance including 403(b) and Pension.
- Links to additional benefits resources.

This one-stop website allows you the convenience of viewing your benefits in one place and the opportunity to learn more about the programs available to you. With the Total Rewards website, you will have a clear and complete view of the full value of your compensation and benefits package.

Be on the lookout for communications with information on your updated Total Rewards statement!

MyStrength is part of Teladoc Health

MyStrength is part of Teladoc Health’s Mental Health Complete Program. This program includes an array of resources and services — from self-guided programs that you can access on demand to virtual mental health visits. Teladoc Health is the world’s leading virtual care provider, making access to health care easier for people everywhere. Get started today at TeladocHealth.com/Comfort/CHSLI. **Questions?** Email membersupport@teladochealth.com or call (800) 835-2362.



Care Options			
Digital programs	Coaching	Care	Crisis management
24/7 access to 1,100+ self-guided programs covering common and complex conditions	Live sessions with a certified NBC-HWC or ICF-certified coach paired with unlimited 1:1 support	Quick and confidential access to evidence-based therapy and counseling by video or phone	In-the-moment support for members who appear at risk of suicide or self-harm
Low	Condition Severity Level		High
Structured digital programs	Live coaching sessions	Therapy	Crisis outreach
Recommended content and activities	Dedicated 1:1 support and navigational guidance	Psychiatry	Crisis resources
In-the-moment tools	Coach-recommended digital homework	Medication management	Crisis planning

Medical Plans: with out-of-network coverage

Member cost share (deductible, coinsurance and/or copay as applicable depending on the plan) will apply to all non-Tier 1 (non-Catholic Health) facility services, including admissions through the emergency department.

Anthem PPO Plan	Tier 1: Catholic Health Facilities and Providers (In-Network)	Tier 2: Anthem Network (In-Network)	Tier 3 Out-of-Network
Deductible	\$0	\$1,000 Individual/\$2,000 Family	\$2,000 Individual/\$4,000 Family
Medical Out-of-Pocket Max.	\$7,200 Individual/\$14,400 Family		\$10,500 Individual/\$21,000 Family
Office Visits ¹ Primary Care/Specialist	\$0 Primary/ \$0 Specialist Copay	\$40 Primary/ \$65 Specialist Copay	Deductible and 40% Coinsurance
Mental Health Office Visit ¹	\$0 Copay	\$25 Copay	Deductible and 40% Coinsurance
Preventive Care	\$0 Copay	\$0 Copay	Deductible and 40% Coinsurance
Emergency Department <i>waived if admitted</i>	\$50 Copay	\$200 Copay	\$200 Copay
Urgent Care	\$25 at CH & NY Excel Urgent Care; \$55 Copay at CityMD	\$75 Copay	Deductible and 40% Coinsurance
Inpatient Care	\$0 Copay	Deductible and 25% Coinsurance	Deductible and 40% Coinsurance
Outpatient Care	\$0 Copay	Deductible and 25% Coinsurance	Deductible and 40% Coinsurance
Cardio and Ortho Procedures	\$0 Copay	50% Coinsurance (Deductible does not apply)	50% Coinsurance (Deductible does not apply)
Routine Vision Care	\$5 Copay for 1 exam every 24 months plus discounts on frames/lenses		Covered In-Network Only

Anthem POS Plan	Tier 1: Catholic Health Facilities and Providers (In-Network)	Tier 2: Anthem Network (In-Network)	Tier 3 Out-of-Network
Deductible	\$0	\$1,500 Individual/\$3,000 Family	\$4,000 Individual/\$8,000 Family
Medical Out-of-Pocket Max.	\$7,200 Individual/\$14,400 Family		\$12,000 Individual/\$30,000 Family
Office Visits ¹ Primary Care/Specialist	\$0 Primary/ \$0 Specialist Copay	\$50 Primary/ \$75 Specialist Copay	Deductible and 50% Coinsurance
Mental Health Office Visit ¹	\$0 Copay	\$35 Copay	Deductible and 50% Coinsurance
Preventive Care	\$0 Copay	\$0 Copay	Deductible and 50% Coinsurance
Emergency Department <i>waived if admitted</i>	\$50 Copay	\$200 Copay	\$200 Copay
Urgent Care	\$25 at CH & NY Excel Urgent Care; \$55 Copay at CityMD	\$75 Copay	Deductible and 50% Coinsurance
Inpatient Care	\$0 Copay	Deductible and 35% Coinsurance	Deductible and 50% Coinsurance
Outpatient Care	\$0 Copay	Deductible and 35% Coinsurance	Deductible and 50% Coinsurance
Cardio and Ortho Procedures	\$0 Copay	50% Coinsurance (Deductible does not apply)	50% Coinsurance (Deductible does not apply)
Routine Vision Care	\$5 Copay for 1 exam every 24 months plus discounts on frames/lenses		Covered In-Network Only

¹Tier 1 physician copays apply to physicians in the Catholic Health Providers directory. Coverage for other providers depends on whether or not they are in the Anthem network: consult Tier 2 to find out what your coverage is for the providers you choose.

Reimbursement for out-of-network care (PPO and POS only) is based on 175% of the National Medicare fee schedule. (Emergency room visits may be reimbursed differently.) You are responsible for the out-of-network coinsurance percentage of this amount after deductible, which may be different from what a provider charges.

Members who use out-of-network providers and facilities may also be subject to "balance billing" by the provider or facility, which occurs when a provider requires the member to pay the difference between what the provider bills and what the plan reimburses. You can contact Anthem to learn the reimbursement schedule for a particular service.

Check the Benefit Portal at mychbenefits.org to view current benefit enrollments, view/update Life Insurance beneficiaries, access benefit documents and more!

Medical Plans: with in-network coverage only

Member cost share (deductible, coinsurance and/or copay as applicable depending on the plan) will apply to all non-Tier 1 (non-Catholic Health) facility services, including admissions through the emergency department.

Anthem EPO Plan	Tier 1: Catholic Health Facilities and Providers (In-Network)	Tier 2: Anthem Network (In-Network)	Tier 3 Out-of-Network
Deductible	\$0	\$1,250 Individual/\$2,500 Family	The EPO Plan does not cover out-of-network services
Medical Out-of-Pocket Max.	\$7,200 Individual/\$14,400 Family		
Office Visits ¹ Primary Care/Specialist	\$0 Primary/ \$0 Specialist Copay	\$45 Primary/ \$70 Specialist Copay	
Mental Health Office Visit ¹	\$0 Copay	\$25 Copay	
Preventive Care	\$0 Copay	\$0 Copay	
Emergency Department <i>waived if admitted</i>	\$50 Copay	\$200 Copay	
Urgent Care	\$25 at CH and NY Excel Urgent Care; \$55 Copay at CityMD	\$75 Copay	
Inpatient Care	\$0 Copay	Deductible and 30% Coinsurance	
Outpatient Care	\$0 Copay	Deductible and 30% Coinsurance	
Cardio and Ortho Procedures	\$0 Copay	50% Coinsurance (Deductible does not apply)	
Routine Vision Care	\$5 Copay for 1 exam every 24 months plus discounts on frames/lenses		

Select Plan	Tier 1: Catholic Health Facilities and Providers (In-Network)	Tier 2: Anthem Network (In-Network)	Tier 3 Out-of-Network
Deductible	\$0	\$0	The Select Plan does not cover out-of-network services
Medical Out-of-Pocket Max.	\$6,100 Individual/\$12,200 Family		
Office Visits¹ Primary Care/Specialist	\$0 Primary/ \$0 Specialist Copay	\$0 Primary/ \$0 Specialist Copay	
Mental Health Office Visit¹	\$0 Copay	\$0 Copay	
Preventive Care	\$0 Copay	\$0 Copay	
Emergency Department <i>waived if admitted</i>	\$0 Copay	\$200 Copay	
Urgent Care	\$0 at CH and NY Excel Urgent Care; \$55 Copay at CityMD	\$75 Copay	
Inpatient	\$0 Copay	Mt. Sinai and NY-Presbyterian-Columbia Hospital: \$0 Copay²; Other facilities not covered	
Outpatient	\$0 Copay	Mt. Sinai and NY-Presbyterian-Columbia Hospital: \$0 Copay²; Other facilities not covered	
Routine Vision Care	\$5 Copay for 1 exam every 24 months plus discounts on frames/lenses		

¹ Tier 1 physician copays apply to physicians in the Catholic Health Providers directory. Coverage for other providers depends on whether or not they are in the Anthem network: consult Tier 2 to find out what your coverage is for the providers you choose.

² Non-Catholic Health facility care is only covered at the Mt. Sinai location at 1 Gustave L. Levy Place, New York, NY 10029 or New York-Presbyterian-Columbia University Irving Medical Center location.

Did you have a Life Event?

Life events allow changes to be made to your health plans midyear. These include, but are not limited to: marriage, birth of child, adoption; loss of coverage or gain of other coverage. You will have 31 days from a Life Event to make changes to your plans! Contact the Benefit Center for more information.

Adding a dependent to your medical, dental or vision plan?

You will need to upload dependent verification (birth/adoption certificate for children; marriage license and current years 1040 tax form) documentation to the Benefit Portal.

Patient-centered care in the heart of Melville

Catholic Health's new Ambulatory & Urgent Care at Melville brings comprehensive health care services to the heart of Long Island's business center, including St. Francis Heart Center cardiology.

Our new facility is home to a full range of services, including:

- Urgent Care, open every day.
- Primary Care and St. Francis Heart Center Cardiology.
- Specialty Care, including orthopedic (pain management, spine care and sports medicine) and pulmonology, with more to come.

Please note: The designated copay for Catholic Health Urgent Care for employees and dependents enrolled in the Catholic Health Medical Plan is listed on your Anthem ID card as "CH & NY Excel Urgent Care".

Located at:

610 Broadhollow Road
Melville, NY 11747

Urgent Care hours:

Monday – Friday
8:00 am – 8:00 pm

Online:

melvillepatientcare.org

Saturday & Sunday
9:00 am – 4:00 pm

To schedule an appointment, call Urgent Care at (631) 301-3007 or Ambulatory Care at (631) 483-5600, or for more information, scan the QR code.



Asthma self-management training program at Mercy Hospital

Mercy Hospital provides classes to teach children and adults how to manage their asthma and prevent asthma attacks. The classes are free of charge to members of the public and employees alike: insurance is not required.

A registered respiratory therapist, certified in asthma education, will provide individual or group training to help you gain control and prevent asthma attacks. You can also receive FREE devices to help you manage your asthma.

What is asthma?

Asthma is a disease that affects the lungs of both children and adults. Asthma causes your airways to narrow and swell. This causes wheezing sounds, breathlessness, chest tightness and coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. Asthma attacks can lead to missing days of school or work, and even to emergency department visits and hospital stays.

What will you learn in the program?

- When to use your asthma medications.
- How to use and clean your inhaler.
- How to recognize and decrease asthma triggers in your home.
- How to use a spacer and peak flow meter.
- How to use your asthma action plan.

To schedule an appointment:

Call our scheduling professionals at (516) 705-1530.

Program location:

Mercy Hospital
1000 North Village Avenue
Rockville Centre, NY 11570

For your first visit:

- Proceed to the Patient Access Department on the first floor in the main building.
- Please bring your photo ID, prescription and insurance card (if applicable).
- Please arrive at least 15 minutes before your appointment for registration purposes.
- Bring your asthma medication devices or a list of your asthma medications.
- Bring a list of questions that you may have about your asthma.



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Questions about your voluntary benefits?

Catholic Health now has a dedicated call center to
answer your questions about these voluntary benefits:

- MetLife Accident
- MetLife Critical Illness
- MetLife Hospital Indemnity
- MetLife Legal
- Allstate Identity Protection

**Call (866) 554-8713
for the Voluntary Benefits
Specialist Call Center.**

