



Managing stress and caring for your emotional well-being can improve your physical health and reduce your need for medications. It is important to Wespath to provide benefits and services to help you achieve this balance.



Massage Therapy

In five out of the six HealthFlex plans, the plan pays **50%** of the cost of a massage. For the H1500 and H2000, the deductible *must* be met first.

In the H3000, the plan pays **40%** after your deductible is met.

Your massage does not need to be a medical necessity or at a network provider.

You will need to submit your out-of-network claim manually and ensure that the receipt includes the name of the individual receiving the massage, the service received, and the duration of service.



8 FREE Sessions with a Counselor

The Employee Assistance Program (EAP) offers a variety of support services around emotional well-being. One of the top benefits is confidential counseling to help manage issues in your personal or professional life that may impact your work, family and ministry.

To utilize the EAP, call the dedicated team at Optum Health at **1-866-881-6800**. They are aware of the issues that are going on in the church, and can help you find a provider that can assist with the many things that may be causing you stress. Each covered family member can take advantage of **8 FREE sessions** per issue, per year.*

For more information on these benefits and more, visit the [HealthFlex/WebMD](#) website, and click on "My HealthFlex Benefits".

** All HealthFlex programs and services are confidential. Annual conferences and employers will not know if you choose to use the EAP.*

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