



Annual Enrollment: the *other* healthy thing you do each year for yourself and your family.

Your health benefits sign-up period has a new name for 2019: **Annual Enrollment** (formerly, Open Enrollment). Like having your annual physical, giving your demographic information and plan elections a check-up each year is a smart thing to do for your health and well-being and that of any covered family members.

If your Episcopal Church Medical Trust plan is not being offered next year, you'll need to select a new plan during Annual Enrollment to ensure 2019 coverage. Even if your current plan continues to be available, be sure to do your check-up so that you'll be enrolled in the right plan.

To learn more, watch for the **green Annual Enrollment envelope** in your mailbox soon, or visit the Annual Enrollment homepage at cpg.org/annualenrollment.