



CATHOLIC
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COMMITMENT + EXPERTISE + STABILITY



BENEFIT BEAT

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IN THIS
ISSUE

Benefit Trends: COVID-19 Resources

Good Hygiene and Your Health

Well-Being Corner: Taking Care of Your Mental Health

Recipe: Easy Grilled Pork Chops

Health Tip: The Great Outdoors

Annual Meeting 2021

For a printable version of this newsletter, [click here.](#)

Benefit Trends: COVID-19 Resources

COVID-19
CORONAVIRUS

Catholic Mutual Group is here to support you and help you with the many questions you may have regarding COVID-19 and impacts to your health and welfare plans. As we have all experienced this situation is very fluid with information changing daily. The carriers we work with have also been very supportive and have supplied numerous resources to provide assistance with questions surrounding your benefit plans. Your specific carrier websites are an excellent resource to receive the most up-to-date information regarding your benefit plans. We've listed our carrier partner websites for your quick reference.

[United Healthcare](#)
[CVS/Caremark](#)
[The Hartford](#)
[Unum](#)
[Mutual of Omaha](#)

Well Being Corner: Taking Care of Your Mental Health

Much focus has been put on physical health and hygiene due to the COVID-19 pandemic, but the less discussed aspect of health that requires just as much care and attention is mental health. Whether you're dealing with a sick loved one, have elderly parents, are high-risk yourself or just feeling the burden of the world's uncertainty, taking care of your mental health should be among your highest priorities.

Employers and insurance providers recognize the immediate need to support employees' mental health, which is why many carriers are offering access to Employee Assistance Programs (EAPs) at no charge during the COVID-19 pandemic. Providers such as Sanvello offer tools like apps and webinars that teach new skills and techniques to help you feel calmer and more controlled. Many providers are waiving the premium app fees to make content like this available to everyone.

Health Tip: The Great Outdoors



With much of the country operating under stay-at-home orders, extracurricular activities outside of the home have severely declined. While the slowed pace of life may be a welcome change for busy families, others may find boredom and even depression setting in due the heavy restrictions currently in place. That's why now is the best time to rediscover the great outdoors and how beneficial fresh air and Vitamin D can be to your health. Take this time as a family to establish a healthy hobby such as walking or biking, or even playing basketball or catch. The hustle of "normal" life may normally prevent you from doing these things but trying to find the silver lining in a difficult situation can not only keep you healthy, it could strengthen your family's bond.

Good Hygiene and Your Health

Good hygiene, while always important, has been put front and center with the COVID-19 pandemic. If the current state of the world has taught us anything, it's how far good hygiene habits go in keeping us healthy. Hallmarks of good hygiene that we should carry into post-pandemic life include:

- Wash your hands often
- Avoid touching your eyes, nose or mouth
- Cover your mouth and nose with a tissue when you sneeze
- Clean and disinfect surfaces regularly
- Drink plenty of healthy fluids
- Aim for eight hours of sleep each night
- Eat a well-balanced diet
- Stay at home when you're sick

As restrictions ease, it will be important to maintain healthy habits in order to avoid sickness in the fall and winter months. Stay healthy, stay safe, and stay smart.

Easy Grilled Pork Chops

One of the best things about spring is firing up the grill and cooking outside. Try this [recipe](#) from Food Network for Easy Grilled Pork Chops:

Ingredients

- 1/4 cup honey
- 2 tablespoons vegetable oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon ground cumin
- 1/2 teaspoon red pepper flakes

Eight 1/2-inch bone-in pork chops
Salt and freshly ground black pepper
Begin by making the marinade. In a small bowl, whisk together the honey, oil, vinegar, cumin and red pepper flakes. Sprinkle both sides of the pork chops with salt and pepper and place in a re-sealable plastic bag with the marinade. Let rest for 1 hour. Heat a grill to medium heat. Remove the pork chops from the bag and lightly sprinkle again with salt and pepper. Place on the grill and cook until the pork chop releases from the grill, about 4-6 minutes. Flip and cook on the other side until cooked through. Bon appetit!



Annual Meeting 2021

Please save the date for our 2021 Employee Benefit Buying Alliance annual meeting, which will be held February 2-3, 2021 in Clearwater Beach, Florida. More details coming soon!

Benefit Beat is a publication of C.M.G. Agency, Inc. Please feel free to share this newsletter with any staff, clergy or other members of your diocese for whom you think it would be useful. And, if there's anything you would like us to cover in a future issue of Benefit Beat, please contact us.

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