

COMMITMENT + EXPERTISE + STABILITY



BENEFIT BEAT

C.M.G. Agency, Inc. An affiliate of Catholic Mutual Group

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

HEALTH TIP: Time to Focus on You



With so much focus on COVID-19 over the past year, many employees may have missed their yearly routine physicals. As society works on returning to “normal,” now is the perfect time to remind employees to reconnect with their primary care physician. Knowing your numbers – including CBC, blood pressure, lipid panel, blood glucose, and C-Reactive Protein – is vital to overall health in providing peace of mind or catching something early to prevent or minimize a long-term or chronic health condition. Most health plans cover routine care, and for group health plans that are non-grandfathered – or, if the health plan is a high deductible health plan -- the annual preventive check-up will be covered at 100% (with no out-of-pocket cost to the member).

Another great reminder for employees as they begin to access health care is to use the

resources available to them to compare the quality and cost of care. Depending on the level of care needed, a variety of options are available in a range of costs, which are listed below from least expensive to most expensive:

- Virtual Care
- Primary Care Office Visit
- Convenience Care Clinic
- Urgent Care
- Emergency Room

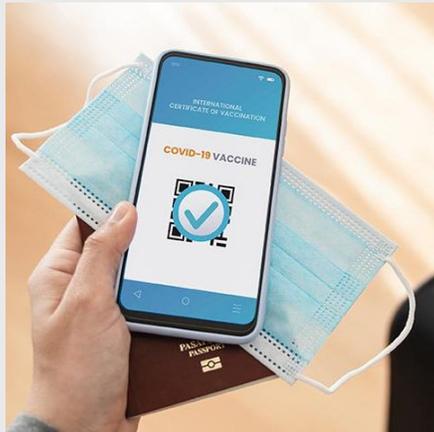
MINDFULNESS: MAY IS MENTAL HEALTH AWARENESS MONTH

One of the biggest barriers to mental health care is the “stigma” associated with seeking care and treatment. We all need to understand that one’s mental health is just as important as one’s physical health. Studies have shown that individuals with chronic mental health have a reduced life expectancy of 25%. Even before the pandemic, people struggled with feelings of isolation, anxiety, and depression; COVID-19 has brought more awareness to the widespread need for care. Fortunately, there are multiple resources available at little to no cost that can help those who are struggling get back on track. Check with your health plan, EAP, and wellness vendors for options that can help your employees access a full spectrum of care, from mobile apps that provide daily inspiration or motivation, to virtual care visits, to in-person visits.



AKERMAN, LLP – TIMELY TOPIC

“Mandatory versus Voluntary Vaccinations: An Employer Guide”



As many of you know, CMG Agency has been working with Akerman, LLP (specifically Beth Alcalde and Amber Roberts) over the last few years to provide legal support and assistance to our clients. Akerman, LLP regularly posts insightful “Timely Topics” you may find useful. Please use the following link to check out this article posted on April 26, 2021.

<https://www.akerman.com/en/perspectives/hrdef-mandatory-versus-voluntary-vaccinations-an-employer-guide.html>

SUMMER GRILL RECIPES

Summertime is grilling season and a great opportunity to eat a little bit lighter and healthier. Check out this delicious collection of grill recipes for inspiration:

<https://www.loveandlemons.com/grill-recipes/>



SAVE THE DATE:
2022 Employee Benefit Buying Alliance Annual Meeting

We are looking forward to being back in person for the 2022 Employee Benefit Buying Alliance Annual Meeting, which will take place February 1-2, 2022, at Opal Sands Resort in Clearwater Beach, Florida. More information to come!



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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