Dear Participant,

Our country is hurting, entering its second week of nationwide protests over police brutality and social injustice. While others in the denomination are focused on social justice and we pray for their progress, we are focused on your health and well-being, and the impact of these difficult times on you and your family. We would like to remind you of resources available from Wespath to help support you. We also are providing resources offered by other agencies within the larger Church to further assist you.

On Saturday afternoon, you'll get your first chance to experience the enhancements to our participant account management website, <u>Benefits Access</u>. Today, we're previewing a few more sections of the site in preparation for the launch.

We will continue to live into our mission of caring for those who serve. For information and updates, like us on <u>Facebook</u> and <u>Twitter</u>, and visit <u>Wespath's Coronavirus webpage</u>. If you require assistance with your benefits or Wespath-administered plans, programs or services, please contact Customer Service at **1-800-851-2201**.

Wespath prays for peace and that you and your family stay safe and healthy.

Emotional Support in Trying Times

Wespath offers resources to support your emotional well-being. If you are feeling anxious or stressed—about this recent injustice, COVID-19, associated financial concerns or other challenges of today—contact the Optum Public Crisis Line at **1-866-342-6892**. The service is available to anyone 24 hours a day, 7 days a week, free of charge—so you can share the phone number with family and friends. Optum also has <u>resources on their website</u> to help you cope and foster resiliency. These materials are available to all participants (even those not in HealthFlex) by entering the company code: HealthFlex. For additional information about Wespath's emotional well-being resources, visit <u>our website</u>.

If you would like more information about the Church response to the nationwide protests and underlying racial justice issues in this country, we offer the below resources from other agencies within the Church that focus on these concerns. If you're struggling with ways to help or make a positive difference, these organizations may also be a good place to start.

Church Resources Addressing the Protests

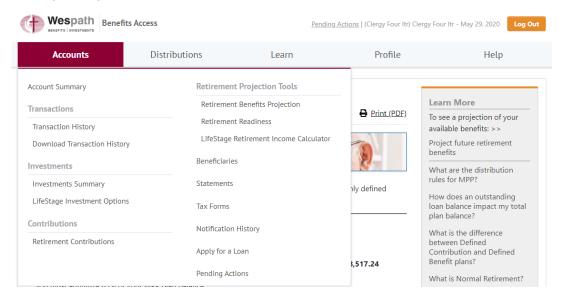
- General Commission on Race and Religion—"Moving Toward the Pain" General Secretary Erin Hawkins Responds to the Death of George Floyd
- General Commission on Race and Religion—General resources page
- Church and Society—Resources page on criminal justice reform
- Church-wide—Peace with Justice Sunday

Sneak Peak Part II: Benefits Access Updates

When you log into Benefits Access on Saturday, it will have a different look! Last week, we shared a sneak peek of the new login and homepage screens. This week, we're giving you a preview of the accounts, profile and distributions menus.

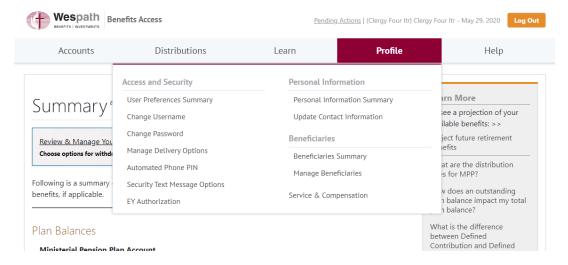
Please note, Benefits Access will be unavailable Saturday morning, while the updates are being installed, but we invite you to log in Saturday afternoon to see what the updated site has to offer.

Accounts: While the new homepage provides instant access to your retirement account summary, the Accounts menu provides access to more detailed information about your account (e.g., transaction history, investment summary and contributions), projection tools, quarterly statements tax forms and more.

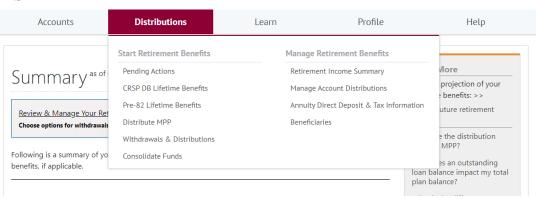


Profile: This menu allows you to view and manage your contact information, beneficiaries and more.

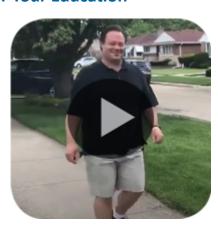
If you are not yet receiving your statements electronically, you'll access this menu to elect e-delivery by choosing to "Manage Delivery Options."



Distributions: This menu is the starting point for electing and managing retirement benefits, taking distributions or signing up for LifeStage Retirement Income.



For Your Education



Staying Active During A Pandemic

Todd Creviston, Health Program Manager, talks about the importance of staying active while quarantined and offers easy ways to prioritize your physical health.

a general agency of The United Methodist Church







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