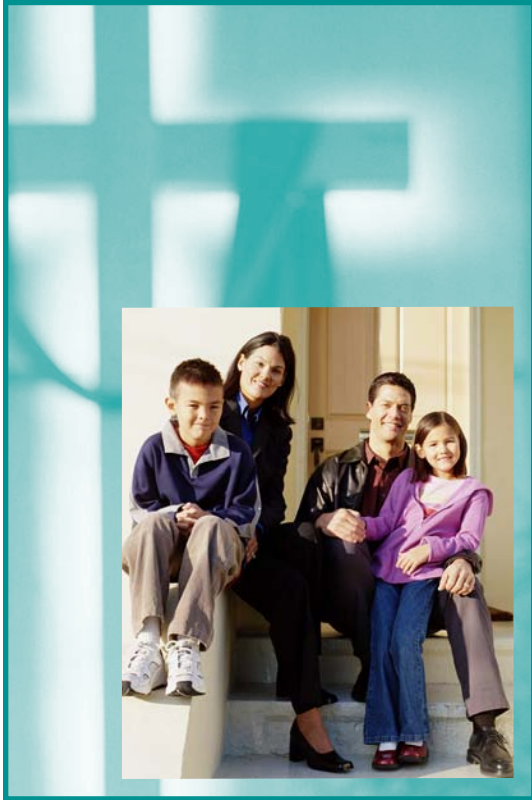


Make a Fresh Start with Your New Appointment



Your new appointment is an exciting time as you are welcomed into a new congregation or embrace a new ministry.

While your primary focus is on meeting the needs of those you serve, don't forget to take care of your own needs, too. As you settle into your new ministry and your new home, consider making a few changes to improve your overall well-being. Here are some healthy suggestions:

- Look for a path or route to walk, jog or bike near your new home or church.
- Ask parishioners if there is a gym, health club, school athletic facility, YMCA or other site for getting active or taking exercise classes.
- Carve out a little time for daily activity—whether it's parking a few blocks away, visiting the gym at lunchtime or enjoying an evening stroll with your spouse, dog or child.
- Set aside time to relax and release the worries of the day.
- Modify your eating habits—add more fresh fruits and vegetables and reduce foods that are high in fat, sugar and sodium.
- Locate a bowling alley or golf course where you can have fun, get some exercise and enjoy time with new friends.
- Adjust your schedule so you get enough sleep to greet each new day feeling refreshed and re-energized.
- Contact the **UBH LifeSolutions** program at **1-800-788-5614** for assistance with finding activities, resources and recreational opportunities that match your personal interests.
- Enroll in the free **Virgin HealthMiles** physical activity program, if you haven't already done so. Learn more at www.gbophb.org/health_welfare/vhm.asp, or go to www.gbophb.org, log in to **HealthFlex/WebMD** and click on "**Join Now!**" Enroll soon so the steps you take to unpack can count toward HealthMiles.

It's not selfish to make time for yourself—
it's good stewardship of *self*.

Your health affects the whole connection: family, congregation, community and the Church itself. So embrace this appointment change as an opportunity to improve your health—physically, emotionally, spiritually and socially. A healthy body, mind and spirit contribute to a vital ministry.



Checklist for Your New Appointment Relocation

A new appointment in The United Methodist Church often means settling into a new neighborhood. This checklist can help your move and transition to a new appointment go smoothly. You can find additional tips for accessing services and resources in your new community through the UBH LifeSolutions program—offered by HealthFlex partner United Behavioral Health (UBH) **at no charge** to HealthFlex participants. (*UBH will become OptumHealth in 2010.*)

Call **1-800-788-5614** to speak with a LifeSolutions counselor.

Some details to consider with your move...



Change your address and contact information.

- Contact the General Board of Pension and Health Benefits with your new mailing and e-mail addresses at **1-800-851-2201**; select option **2**, then **1**; or send an e-mail by going to **www.gbophb.org**, selecting “**Contact Us**” and then “**E-mail**.”
- Update your Healthflex/WebMD and Virgin HealthMiles accounts if your new appointment means a new e-mail address. You can update your contact information online. Log in to **www.gbophb.org**, select **HealthFlex/WebMD** and “**Settings**”; or go to **www.virginhealthmiles.com**.



Open savings and checking accounts at a local bank.

- If your current bank doesn't have a branch near your new appointment, find a bank closer to your new home.



Find a doctor, dentist, pediatrician or other health care providers who are near your new home and in the HealthFlex network.

- Access the provider finder tool through the Blue Cross Blue Shield (BCBS), UnitedHealthcare (UHC) or Cigna* Web sites. Go to **www.gbophb.org**, click on **HealthFlex/WebMD** to log in and look under “**HealthFlex Vendor Links**.”
(Access the Cigna Web site if your dental plan is provided through HealthFlex.)*



Acclimate yourself and your family to the new surroundings.

- Speak with a LifeSolutions counselor who can research local resources, community organizations, volunteer opportunities and cultural activities for you and your spouse.
- Ask a LifeSolutions counselor for help finding after-school activities, scouting programs, youth sports and other programs to help children adjust to the new community.
- If you have school-age children, call the new school to arrange a visit before classes begin.



Make extra copies of important documents, such as your marriage certificate, birth certificates, baptismal records and school records.



Sign up with the local “welcome wagon” or other new neighbor service in your new town.

- Visit the local city hall to register your car or pet; you also may be able to register to vote there.



Get to know your new neighbors.

In addition to meeting parishioners, knowing neighbors can make your new residence feel like “home.” Get out and introduce yourself. Neighbors can share tips on:

- choosing grocery and hardware stores, and other shopping options;
- finding walking paths, parks or health club facilities; and
- low-cost resources to make your new home feel like your own.



Use relocation as an opportunity to establish new routines that address *your* needs as well as the needs of those you serve.

- Try to schedule time for yourself—take a walk or jog, relax with your family and visit with new friends. A healthy body, mind and spirit contribute to a vital ministry.
- Enroll in the Virgin HealthMiles physical activity program, if you haven’t already. You can earn financial rewards while improving your well-being. Find information about HealthMiles at www.gbophb.org.

For Help Finding Local Resources...

The **UBH LifeSolutions** program—provided as a HealthFlex benefit at no additional cost—can help you research and identify resources in your new community, such as:

- child care options and facilities;
- pet care facilities;
- elder care resources, including nursing homes, assisted-living residences, day programs and home health care;
- legal consultation for wills, power of attorney and other common needs (includes one free consultation); and
- financial consultation for managing debt or establishing a new household budget (includes one free consultation).

Call **1-800-788-5614** to reach a LifeSolutions counselor who can help you find resources in your new community. Or search online at www.gbophb.org. Log in to **HealthFlex/WebMD**, then select “**Benefits**” and “**Live and Work Well.**” (Access code: “**GBOP**”—or create your own username and password.) If you prefer, you also can do your own search for local resources through the Internet or phone book.

