



# OutReach

Christian Brothers Services

A Catholic Church Organization Serving the Church

## New Health Screening Benefit for Employee Benefit Trust Members

by John Airola, Managing Director, Employee Benefit Services

Identifying early warning signs of illness helps control disease and can lead to a healthier life style. Having access to a resource that provides not only testing, but interpretation of results, preventive health measures, and support can help employees become more aware and take charge of their health. Healthier employees mean a more productive workforce and reduced health care costs.

The Employee Benefit Trust has developed a relationship with Wellness, Inc., a national leader of preventive health care services. Each year, Wellness, Inc. serves over 100,000 employees in the United States. These services include confidential worksite prevention care, health risk assessments and immunization services.

Wellness, Inc. specializes in confidential and educational preventive health care services. As a member of the Employee Benefit Trust, employers and participants now have access to blood pressure, body composition analysis, biometric testing, optional blood tests, a health power profile report, an educational report, health support website, and a registered nurse followup program for severe abnormal lab results.

Wellness, Inc. offers an excellent screening tool - its Blood Panel C which contains 35 tests. This blood panel is excellent for detecting heart disease, diabetes, cancer, and anemia, among others.

Do you ever receive questions about what a lab result means and what an employee should do? Wellness, Inc. provides guidance through a wellness score. When a laboratory result is "out of range", the significance of the score is explained. Wellness, Inc. provides direction to follow up on such a result.

Every test result is thoroughly explained so that an employee knows where he or she stands and what health risks are present. For example, if the report indicates an employee has high cholesterol, that will help when talking with the doctor about how to control this heart-related risk.

Wellness, Inc. provides a free Health Power Profile that shows where a participant ranks related to national averages.

*continued on page 3*

"Well, everyone was talking about it! I believe that though 90 had signed up to attend, that the ladies actually accommodated 107 attendees!! This is wonderful .. in fact, I need a list of who actually did come through.

The staff were just outstanding ... they were here at 5:45 a.m., still a little drowsy from their early morning trip out ...they were friendly to all, answered questions, reassured people about their blood pressure that may have been high or low, were very patient and helpful. They all worked so well together as a team.

*continued on page 3*

"The team of nurses that came were all very professional and friendly. They were able to find our rural facility without incident. From what I could tell, everything went very smoothly. The employees I have spoken with were complimentary about the whole process and several have asked if this will be offered on a yearly basis. Thank you for giving us this opportunity and everyone is eagerly awaiting the results!"

*Robin Yates,  
Loretto Motherhouse, Kentucky*

### Contents

**New Health Screening Benefit for Employee Benefit Trust Members** ~John Airola

**"From the President..."** ~Br. William Walz, FSC

**DISC's Vision** ~Mary Jo Jungwirth

**Visit us at NATRI**

**New Secure Message Center Protects Your Email** ~Tom Drez

**Religious Medical Programs Go Interactive**

**Best Practices for Safe Driving** ~Roger Duffield

**Welcome Aboard!**

**Fall 2006**

# From the President

## Controlling the Cost of Health Care...

All of us are concerned about the ever-increasing cost of health care, and we are all seeking ways to control that cost. No matter who pays the bill, we have learned that focusing on the cost of treatment for illness gives only temporary relief. The only long term way to reduce cost is to shift the focus from the cost of treatment to the importance of living a healthy lifestyle.

Good health is not a destination; it is a journey. The key is a series of day-to-day personal choices. Lifestyle habits are the most powerful determinants of good health.

Rather than reducing coverage or increasing co-pays, an employer can instead invest in helping employees practice good health habits. I chose the word "invest" because, while it is difficult to prove an exact ROI (Return On Investment), there is a growing body of evidence that good health habits reduce illness. Avoiding health care claims is much more effective than trying to control the cost of a claim.

Simply establishing wellness programs without good preparation limits their potential effectiveness. A good wellness program needs to encourage people to start with the value question, "Why should I do it?" Only then can a person go on to the question, "Do I want to do it?" Then an employer can help motivated employees answer the question "Can I do it?" by providing an environment and support programs that will help people meet their goals.

A good wellness program needs to recognize that changing bad health habits is difficult, as anyone who has tried to quit smoking can verify. Success is often achieved on a field littered with prior failures. The key to ultimate success is not letting a failure cause a person to give up trying. Programs need to give people the opportunity to start over. Alcoholics Anonymous is built on understanding that change is difficult and success often follows only after a willingness to start over.

Winston Churchill, who achieved many successes in his life after first experiencing numerous failures, once said, "Success is not final; failure is not fatal. It is courage to continue that counts." So it is with choosing to live a healthy lifestyle.



**William L. Walz, FSC**  
President

## THE RELIGIOUS MEDICAL PROGRAMS GO INTERACTIVE WITH PARTICIPATING RELIGIOUS INSTITUTES

On Thursday, July 13, 2006 a website Pilot Group of 8 persons, representing 5 Religious Institutes from the three Religious Medical Trusts, gathered in the training room at Christian Brothers Services to register online and try to break the system by entering every type of transaction possible. They used their own enrollment data in the test environment.



We're happy to report that the system did not break! The Pilot Group did uncover a few glitches to be improved or corrected and had some positive suggestions. Members from the Development Team, who worked to adapt the enrollment system to our website, were present along with Christian Brothers Services staff. Most improvements were made immediately and corrections/additions to the Handbook were noted.

Before departing, the group expressed positive remarks about the experience. They said that the website was easy and fun to use; it would increase accuracy and the speed of making enrollment changes; and it was certainly more convenient than using the mail, fax or e-mail to submit changes. The system will immediately acknowledge that transactions have been received, and tell them when the transaction has been completed.

The test group also enjoyed sharing lunch together, meeting the HMSR Staff who process their claims and visiting our office. We were all very grateful for the help they gave us. We feel confident that all the new users will enjoy using the website and will soon flood us with changes.

If you are a current participant in the Religious Medical Trust, and wish to use the new inter-active electronic enrollment system, give us a call: Sr. Rosemary Ward, 800.807.0100, ext 2941, or [rosemary\\_ward@cbservices.org](mailto:rosemary_ward@cbservices.org).

Continued from cover

**The mood was light as people came and went and they are all excited to get the results. I even heard some say that their favorite part of the screening was when they sat down to answer the survey on the palm pilot... the whole thing went like clockwork!"**

**Judi Boyd-Horndasch, Sisters of Providence, IN**

Continued from cover - *New Health Screening Benefit for EBT Member*

The profile shows the degree of success in six important categories: resisting germs, controlling weight, having a healthy heart, preventing cancer, building resilience and preventing injury. This valuable information is provided as part of our arrangement with Wellness, Inc.

After the screening, participants can go online and log into a secure personal area to access their personal results linked to Power Tips customized to them.

Participants like the customized Power Tips, which are ideas to accelerate personal improvement. Here's an example for heart health. Based on responses to a life style survey, a participant receives a green, yellow or red light. With Power Tips, he or she can create a personal Action Plan to turn those "red light" at-risk areas into "green light" successes to improve his or her health.

**"The health screening went really well. I think we ended up with 92 participants. The Wellness Inc. staff were excellent to work with and were very organized. It was also nice that they took walk-ins. Everyone I talked to thought it was a real success. Thank you for all your help and we look forward to next year."**

**Diana Warren, Director of Human Resources,  
Saint Mary-of-the-Woods College, IN**

All of the wellness screening is convenient and confidential. The process is compliant with HIPAA to protect individual private health information. Results are mailed directly to a participant's home within two to three weeks.

As a Benefits Manager, you're probably wondering, this is all great, but what will it cost our organization? Here's the good news. Normally, the Panel C Screening Package, which includes registration, blood pressure, body composition analysis, the Blood Panel C, a Health Power Profile, the extensive Employee Educational Report, access to MyWellnessInfo.com and the registered nurse follow-up program, would cost around \$295 a person. However, this Panel C Screening Package is absolutely FREE to members of the Christian Brothers Employee Benefit Trust and their enrolled dependents who are 18 years of age or older. Employees of Catholic organizations, relatives who are not enrolled for medical benefits through the Trust may participate at a discounted price of \$82.50.

**"The team arrived on time (a big plus). Setup proceeded well and within minutes they were ready. Because of the early start, they were able to accommodate a few staff members who failed to register. The leader, John Greene, and his team were very professional. They were patient and helpful to all who needed assistance. They did an excellent job. Again, thank you."**

**Yvonne Davis, Sacred Heart Home, MD**

Each participant's health is important to the Christian Brothers Employee Benefit Trust. We encourage all members to participate in this new benefit, the Panel C Screening Package. Now is the time to take action for improving personal health. All of the tools are at your fingertips.

For more information regarding this great new program, please contact me at (800) 807-0100, ext. 2450. We look forward to working with your employees for better health.

**Christian Brothers Services and Christian Brothers Investment Services, Inc.**

cordially invite you to stop by and visit us at our Hospitality Gathering at this year's

# **NATRI National Conference**

**Orange County Ballroom  
Anaheim Marriott Hotel**

**700 West Convention Way • Anaheim, CA**

**Friday, October 13, 2006 • 5:00 p.m. - 8:00 p.m.**

***Drawing for FREE airline ticket at 7:00 pm  
Fill out the stub and drop it off at the CBS or CBIS booth.***

# New Secure Message Center Protects Your Email

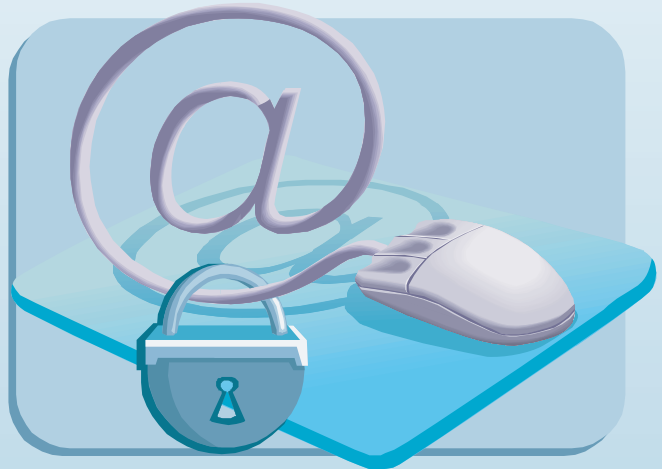
by Tom Drez, Chief Information Officer, Information & Communication Services Division

Internet email is a quick, easy and cheap way to communicate. However, as with all features of the Internet, it can be used just as easily by those with ill-intent. With education and the proper tools, you can safely navigate Internet email to gain all of its promised benefits while also effectively protecting yourself.

In a recent OutReach article, I warned about the practice of "phishing" - emails from sources masquerading as legitimate entities asking you to type or confirm your private information by visiting a web page made to look like the real thing. Using the tools of increased awareness and anti-spam software, you can help fend off these phishing attacks.

Another threat to email safety is security. Did you know that using standard email is not secure? When you type a message and click SEND, it is sent in clear text and can be read by anyone in between you and your recipient. An email message can pass through many different Internet Service Providers before it reaches its destination leaving copies all along the way. It's like using the old style "party" telephone lines where others can "listen" and gather information without your permission. There are many documented cases of hackers intercepting email to extract and sell the private information that is mined from the message contents. Would you want your messages mined by hackers?

The protection of your private, confidential, and individually identifiable information is very important to us. This includes name, address, social security number, private health information, financial information and much more.



It is our policy to protect your information, in all forms whether via US Mail, fax, telephone, or email, from unauthorized access. Our staff is trained to protect your information and is provided the tools to do so effectively.

We have recently implemented a new Secure Message Center (SMC) to protect email exchanges, when necessary. Our SMC provides a secure, encrypted pipeline between the sender and the recipient whether we initiate the message to you or vice versa. Our system sends out only web links that lead back to our system and require login. This ensures that the only people who can read them are the sender and the recipient. Please only send private information to us using the SMC.

This service is free of charge. To learn more about our Secure Message Center, and to view the animated tour, please visit [www.cbsservices.org/smc](http://www.cbsservices.org/smc), or call your service representative at (800) 807-0100.



# 24 HOURS A DAY ACCESS

**You can send or obtain information  
24 hours a day • 7 days a week  
by using the following methods:**

**WEB**  
[www.cbsservices.org](http://www.cbsservices.org)

**E-MAIL**  
[firstname\\_lastname@cbsservices.org](mailto:firstname_lastname@cbsservices.org)  
(i.e. john\_doe@cbsservices.org)

**FAX Information System**  
888-470-INFO 888-470-4636

# Best Practices for Safe Driving: A Web-based Auto Survey

by Roger Duffield, Manager of Risk Services, Risk Management Services Division

Managing the risk of vehicles and drivers is an exposure for nearly every Catholic ministry, yet it is one that is often overlooked. Christian Brothers Risk Management Services provides risk management service for a fleet of over 21,000 vehicles covered by the Risk Pooling Trust. Superior auto risk management programs incorporate the following best practices:

- An active commitment from leadership/administration
- A designated "fleet administrator"
- A program to track driver histories, and
- A program to hold drivers accountable for their actions

Christian Brothers Risk Management Services, along with a focus group of members from the Risk Pooling Trust, developed Best Practices for Safe Driving, a web-based survey. Upon completion of this survey administrators are provided with a report of their exposures, program strengths, and recommendations for improvements.

In addition, supporting information is also included to assist with the implementation of each best practice.

While this service is exclusive for members of the Risk Pooling Trust, Christian Brothers Services has made this available, at no cost, to all Catholic ministries for the remainder of 2006.

To assess your auto risk management program, simply go to the Christian Brothers Services website at [www.cbsservices.org](http://www.cbsservices.org) and click on the box that says Automobile Survey.

Good luck, and remember, together we can make a difference!

Non-members may also access the survey by using the password **outreach**.



## DISC's Vision : The Catholic Church Collaborating in Information Technology

By Mary Jo Jungwirth, DISC President; Budget Manager, Financial Accountant of Archdiocese of Minneapolis and Saint Paul, Minnesota

Christian Brothers Services (CBS) is an Associate Member of the Diocesan Information Systems Conference (DISC). As organizations of the Catholic Church, we mutually benefit by working together. This article from the President of DISC is part of a complimentary article exchange to illustrate how we work together and to raise general awareness of both organizations. ~ Tom Drez, Chief Information Officer

Are you searching for a resource dedicated to helping you make your use information technology more effective in serving the Church? Consider The Diocesan Information Systems Conference (DISC), which has provided leadership in this area for the past 23 years. DISC was formed to promote the spiritual growth of its members, provide data processing expertise and professional services to the local and national church, encourage development of professional relationships among its members, and facilitate the free exchange of ideas and information.

DISC welcomes all those involved in the use of technology for the work of the Church at the central office and/or all local levels. DISC's membership represents many varied backgrounds and levels of expertise; many members come from an extremely technical background. One of the most obvious benefits to an association with DISC is the interaction and free exchange of information within such a diverse group of professional and spiritual people.

Christian Brother Services, one of our associate members, has provided complimentary hosting services of our website and provides reduced pricing on site maintenance. However, our relationship with CBS goes beyond this aspect of the relationship. Tom Drez and Jason Langs have been long term members and are actively involved in our annual conference.

As President and active participant of DISC, it has been a very positive experience to witness how the role of technology blends with work of the Church to facilitate the Church's mission. The annual DISC conference showcases the brilliance of its membership applying technology to further the work of the Church. It is amazing to witness the beneficial, personal interaction of peers at the conference, whether in a "track", a session, a small group, or one on one. Many members tell me that the knowledge and general information they have gained from belonging to DISC is immeasurable.

The friendships that they have developed and information they have exchanged top the list.

Here are some of the benefits that membership in DISC offers:

- Collaboration with colleagues from other (arch) dioceses and Catholic organizations in North America
- Professional development
- Spiritual growth and development
- Staying abreast of multiple, interesting and timely topics at DISC's Annual Conference
- Opportunity to network with information professionals, from both user and vendor communities
- Connecting with a very active, real-time members' forum (via QuickPlace) that provides practical advice and information exchange among IT professionals

If you are not a member of DISC currently, I invite you to explore how DISC may serve you. Learn more by visiting our website, [www.discinfo.org](http://www.discinfo.org).

In our modern society, information technology does not stand still; it is advancing at a rapid pace, along with resulting opportunities and challenges. DISC and its Board of Trustees continue to serve its membership and the Church, as wise stewards maximizing the investment in information systems. Join us.

**Mary Jo Jungwirth**  
Archdiocese of Saint Paul and Minneapolis  
President  
[Jungwirthm@archspm.org](mailto:Jungwirthm@archspm.org)

**Lee Jones**  
Diocese of Richmond  
Vice President  
[ljones@richmonddiocese.org](mailto:ljones@richmonddiocese.org)



**Christian Brothers Services**  
**1205 Windham Parkway**  
**Romeoville, IL 60446-1679**

phone: 800.807.0100  
 fax: 630.378.2501  
 e-mail: info@cbsservices.org  
 web: www.cbsservices.org

© 2006 Christian Brothers Services. All Rights Reserved.  
 Permission to reproduce any article in part or whole must be  
 obtained through Christian Brothers Services.

Material contained herein is published solely for informational  
 purposes. This information should be helpful but is not advisory in  
 its condensed form. Comments and inquiries on subject matter  
 presented are encouraged.

In compliance with public disclosure requirements, you may  
 request access to covered documents by contacting Financial  
 Services Division at the above address.

Editor: Dave Pipitone, Communication Services Manager  
 Graphic Arts Manager: Jason Langs

NON-PROFIT ORG.  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 23  
 ROMEOVILLE, IL



# Welcome Aboard!

## Employee Benefit Trust

Franciscans International, NY  
 Good Shepherd Manor, IL  
 Jeanne Jugan Residence, NY  
 Monastery of the Infant Jesus, TX  
 Parable Conference for Dominican Life &  
 Mission, IL  
 Samaritan Center, MO  
 Shrine of Our Lady of La Salette, MI  
 St Joseph Catholic Church, SC  
 St Mary Church, AR

## Employer Retirement Plan

Bishop Molloy Retreat House, NY  
 Christian Brothers Community of Lincroft, NJ  
 Church of St Brendan, MN  
 Church of St John, MN  
 Little Brothers of the Good Shepherd, IL  
 Mother Genevieve Regina Bronx Home (LSP), NY  
 Our Lady of the Angels Church, MN  
 St Joseph Catholic Church, MS  
 St Mary's Cafeteria, MO

St Michael Community, NM  
 St Patrick Church, MN  
 St Vincent DePaul, KY

## Religious Comprehensive Trust

Capuchin Franciscan Friars, TX

## Religious Community Deductible Trust

Trappist Monastery, Moncks Corners, SC

## Jesuit Health Trust

New York Jesuit Province

## Retirement Savings Plan (403b)

Religious of the Sacred Heart of Mary, TX

## Risk Pooling Trust

Benedictines of Mary, Queen of Apostles, MO  
 Carmelite Monastery, PA  
 Christ the King Monastery of St Clare, FL  
 Felician Sisters of Pennsylvania, PA  
 Franciscan Communities Village at Victory  
 Lakes, IL

Mercy Housing & Shelter Corporation, CT  
 Monastery of the Holy Spirit, GA  
 Society of Helpers of the Holy Souls, IL  
 Society of St Vincent DePaul Diocesan Council of  
 Shreveport, LA  
 Society of St Vincent DePaul Orlando Diocesan  
 Council, FL  
 St Ignatius Province of the Oblates, MA  
 St Thomas Child & Family Center, MT  
 The Redemptorist Fathers of Chicago, IL

## Student Accident Plan

Missionaries of Charity, AR  
 Missionaries of Charity, GA  
 Missionaries of Charity, KY  
 Missionaries of Charity, LA  
 Missionaries of Charity, TX

## Website Services

Diocese of Erie, PA  
 St. Mary's Monastery, IL