



March 3, 2011

pulse @EXPRESS

A PUBLICATION FOR EMPLOYEES OF THE GENERAL BOARD OF PENSION AND HEALTH BENEFITS



President Lyndon B. Johnson meets with Dr. Martin Luther King, Jr.—a minister in the Baptist Church—during the signing of The Voting Rights Act of 1965.

Board Member Leads Black History Chapel Service

On February 16, Board of Directors Member Ms. Venita Fields led the General Board's Chapel Service in recognition of Black History Month. Fields is senior managing director of Smith Whiley & Co.—a private investment firm with offices in Hartford, Connecticut and Evanston, Illinois—and a member of the Sherman United Methodist Church in Evanston. She spoke about being raised as a Methodist at a time when the Church was fractured due to its racial divisions.

(continued on next page)

RESOURCES

Visit the Outlook Public Folders for the latest information on the General Board's employee benefits, corporate policies and business goals.

CCPI

Fund Pricing

OASIS

Virgin HealthMiles

What's New on the Web?

If you haven't visited www.gbophb.org lately, you could be missing out on valuable information. Here's the latest on the Web:

January 2011 Investment Report

Information Regarding Enhancements to LifeStage

Feedback

Click to share your comments and suggestions.



Ms. Venita Fields

Board Member Leads... (continued)

Despite the fact that she was forced to worship separately, Fields stayed with the Church because of its “search for accommodation, for equality and for an equal voice from all its members regardless of race and gender... Specifically, the early active and important role of women in the church; recognizing the need to merge and desegregate in the 1960s; the need for sanctions in South Africa and using our investment dollars to run parallel with our social principals; the sponsorships of so many African-American educational institutions like Rust College; and missionary work in Africa and Asia.”

She believes that in a nation that is often described as post-racial, Black History Month remains important because it “keeps us humble as a nation. Even though things are relatively good for most, it was not always that way. It’s still not good for all. We can still strive for perfection because we have so much work yet to do.”

Use, Don't Lose Your FSA/DCA Funds

If you elected a flexible spending account (medical reimbursement or dependent care) during the 2010 annual election, you are running out of time to use or claim reimbursement for your expenses. Make sure you “use” instead of “lose” your flexible spending account funds.

- **Dependent Care Account (DCA):** You must submit completed forms and receipts to Ceridian no later than **March 31, 2011** in order to receive your reimbursement for 2010 DCA expenses.
- **Medical Reimbursement Account (MRA):** HealthFlex’s grace period allows you to submit claims incurred between January 1, 2011 and March 15, 2011 for reimbursement from your remaining 2010 MRA balance. In order to receive your reimbursement for medical expenses from your 2010 MRA balance, you must submit your claims by **April 30, 2011**.

Claims Submission

Use Ceridian’s reimbursement forms to submit your FSA claims. You can download these forms from WebMD.

- Go to www.gbophb.org and click the “HealthFlex/WebMD” icon on the right side of the screen.
- Log in to the WebMD site, click “Benefits” in the toolbar and select “HealthFlex Benefits” from the drop-down menu on the right side of your screen.
- Locate the “Ceridian DCA Claim Form” or the “Ceridian MRA Claim Form” in the alphabetical list on the right, and download the appropriate form.

Note: The MRA grace period is available only to *active participants* who had a remaining balance in their MRA as of December 31, 2010. Any funds that remain in your account after the above deadlines are forfeited to the plan. If you terminate participation, you have 90 days to submit claims for services incurred before termination.

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Dependent Care FSA Reimbursement Form

page ____ of ____

Fax to: 877-488-6454 For faster service fax this entire sheet along with the appropriate documentation. Please do not use a cover sheet when faxing.

Employee Name: Last	First	Middle Initial	Social Security Number
Home Address: <input type="checkbox"/> Check if new <input type="checkbox"/> Number/Street Apt# City ST ZIP Daytime Phone Number			
Country Name District Code			

General Board of Pension and Health Benefits **62172**

By submitting this form, printed and signed by the claimant, to the Board of the knowledge and belief, my supervisor, in this regard for reimbursement are complete and final. I am claiming reimbursement only for eligible expenses incurred during the applicable plan year (or part of a coverage) for myself, my spouse and my dependent(s). These expenses have not previously been reimbursed under this FSA plan, and will not be reimbursed under any other benefit plan or claimed as an income tax deduction. If there is a discrepancy between the total amount of expenses claimed on this form and the total amount of eligible expenses on the accompanying documentation, I understand that I will be reimbursed for the total amount of eligible expenses on the accompanying documentation unless I provide written instructions to the contrary.

Employee Signature Date

Step 1. Complete this section of the reimbursement form for eligible expenses incurred during your FSA plan year while you were a participant. An expense is incurred when the service is provided, not when you are billed or pay for the service. Please do not submit medical or health care expenses on this form.

Receipts are provided	Date of Service	Estimated Cost/Provider	Type of Service	Amount of Service
<input type="checkbox"/>				\$
<input type="checkbox"/>				\$
<input type="checkbox"/>				\$
<input type="checkbox"/>				\$

Receipts are not provided

You must complete the boxes in this section to be eligible for reimbursement.

Provider must sign this form.

This complete reimbursement form must be submitted.

Signature of Dependent Care Provider (required if receipts are not provided)

Printed Name of Provider's Name

Date of Service (include year) Amount of Service

Total Dependent Care Expenses \$

Step 2. Fax to 877-488-6454. Return this completed reimbursement form and appropriate documentation. Requests received via fax will be processed the day after the business day after receipt or prior to your next scheduled reimbursement claim, if you prefer, mail to: Ceridian FSA Services, P.O. Box 134134, St. Petersburg, FL 33747. Claims received via fax may require one additional day for processing. Please keep original receipts as required by the IRS. Visit www.ceridian-benefits.com 24 hours a day to obtain account information and additional reimbursement forms. For additional information, please call our customer service center at 877-789-8523 Monday through Friday, during the hours of 8 a.m. to 8 p.m. Eastern Time.

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Giving Blood Saves Lives

On Wednesday, February 16, the General Board partnered with Heartland Blood Centers to conduct the semi-annual blood drive.

- Twenty employees signed up for the blood drive.
- Fifteen employees gave approximately one pint of blood.
- Three employees were first-time donors.

Donors received five wellness points, free lunch from Subway and a \$5 gift card to Dunkin Donuts for participating. Thanks again to everyone who helped make this event a success—possibly saving a few lives in the process.

To learn more about donating blood, visit www.heartlandbc.org.

Reward Your Colleagues for Making a Difference



It's that time again—time to nominate your colleagues for going above and beyond. Nominations are now being accepted for the first quarter Spot and Pride Awards.

To nominate an individual or a team for a fourth-quarter award, fill out and e-mail the *Employee Recognition Form* to **Jennifer Rattner (ext. 2705)**. The form is located in the Human Resources Outlook Public Folders under "Awards & Recognition." Nominations are due to Human Resources by **Friday, April 8**. The Awards and Recognition Committee reviews all nominations.

Quarterly Spot Award

A Spot Award is a co-worker to co-worker recognition for specific, exceptional contributions above and beyond the employee's daily job responsibilities. Recipients receive recognition at a forum meeting, a certificate and a \$50 reward.

Quarterly Pride Award

Pride awards are given to reward employee teams for excellence in productivity, customer service, achievement of business goals and/or other significant contributions to an organization-wide project. Recipients receive recognition at a forum meeting, a certificate and a \$25 reward.



Do You Recognize the Name on that Conference Room?

Conference Room: Circuit Rider

Location: Third floor west; *Use:* Meeting room

Circuit riders (also called “saddlebag preachers”) were clergy assigned to travel across specific geographic areas, holding worship and growing the denomination. The practice of circuit riding was most prevalent during the 18th and 19th centuries when bishops would appoint clergy to a “circuit” comprised of multiple churches, cities or settlements. The clergy would travel between these locations, visiting each at least once every year. Because many of the locations did not have an actual church, services were held wherever people could gather. These places included private homes, public buildings and even outdoors.

Francis Asbury, one of the first American Methodist bishops, was a tireless circuit rider. He himself is said to have given 16,000 sermons while traveling over 270,000 miles across the American frontier.

Circuit riders played an important role in the growth of the Methodist church in America. According to the General Commission on Archives & History (GCAH), only 1.47 percent of the United States population was Methodist, United Brethren or Evangelical in 1790; by 1850 members of these denominations made up 5.37% of the population.

Conference Room: Strawbridge

Location: First floor east; *Use:* Meeting room

Robert Strawbridge was a pioneering, unordained, Methodist preacher who, according to Bishop Francis Asbury, founded “the first society (of Methodism) in Maryland — and America.”

Born in Ireland, Strawbridge immigrated to the colonies in the mid-1700s. He eventually settled in Frederick County, Maryland and began preaching out of his log cabin home perhaps as early as 1764. Soon, he started traveling to other areas to hold worship, build log meeting houses and organize Methodist societies. He traveled as far as the Virginia and Pennsylvania colonies.

In 1772 at the first Quarterly Conference, Strawbridge and Richard Owings were officially appointed to the Frederick County circuit. Strawbridge continued to preach until his death in 1781.



Safety Team Trained in CPR

The General Board’s Safety Team is responsible for acting promptly to help mitigate the effects of emergency situations, ranging from medical emergencies to disasters (e.g., tornadoes, fires, floods). In February, all safety team members completed CPR training. In addition, Automatic External Defibrillators (AEDs) were installed in our headquarters building. They are located in central locations—near the elevator on each floor. If you have safety concerns, contact your area’s safety team member or **Scott Trumpy** at ext. 5172.



Core Values Corner



This month, we recognize **Barbara Fears** in the Corporate Relations department for upholding the value of Spirituality.

Spirituality is defined as “We recognize and honor a sacred dimension to life and uphold the values of The United Methodist Church.” Fears—a Ph.D. candidate in Christian Education at Garrett Evangelical Theological Seminary in Evanston, Ill.—works with the prison ministry in her church (the United Church of Christ). She also is an on-call chaplain supporting all four Northshore University Health Systems hospitals (Glenbrook, Highland Park, Skokie and Evanston).

Calendar of Events

Every Week

Tuesdays

- **WEIGHTWATCHERS® MEETINGS**
Noon, Circuit Rider Room (344)

Wednesdays

- **CHAPEL SERVICES**
8:30 a.m. in Wesley Hall

Fridays

- **JEANS & GYM SHOES**
- **POPCORN IN WESLEY HALL**



March 1-2

FINANCIAL LEADERSHIP FORUM

March 3-4

BOARD OF DIRECTORS MEETING

March 10

WESPATH EMPLOYEE LAUNCH

March 16-17

CONFERENCE FORUM

March 17-18

HEALTHFLEX SUMMIT

March Anniversaries

Congratulations to the following employees, who celebrate anniversaries in March.

19 YEARS

Tanya Lerner

7 YEARS

Mark Busbia

18 YEARS

Manuel Vargas

5 YEARS

Jon Morgan

12 YEARS

Dale Jones

Dan O'Neill
Hildie Ericksen

11 YEARS

Carla Dudley

Nelson Solis

Lisa-Gaye Jones

Brian Berg

Andy Kubeck

10 YEARS

Joe Schroeder

3 YEARS

Nancy Endo

Kelly Wittich

8 YEARS

Jon Jones

1 YEAR

Mark Hines

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please!