

Your HOPE Program Guide

"The body, in fact, and only the body, is capable of making visible what is invisible: the spiritual and the divine."

– St. John Paul II

Activate your best health as a whole person – spirit, mind and body – to abide in a deeper relationship with Christ, in his love for you.

HOPE: Health-Optimism-Personal-Engagement

Activate your Best Health as a Whole Person – Spirit, Mind, and Body – to abide in a deeper relationship with Christ, in his love for you.

HOPE is a new program provided to you by the Michigan Catholic Conference. It is as an exciting addition to your comprehensive benefits plan, and an active investment in you. It is a fully integrated Catholic wellness program inclusive of an Employee Assistance Program (EAP) and Life Services designed to help you achieve your Best Health and Wellbeing as a Whole Person (spirit, mind and body).

What is HOPE?

Your HOPE Catholic Wellness Program provides a comprehensive array of wellness tools, resources, content, and program services that are fully aligned with the Catholic faith and rooted in God's healing love for you. HOPE is administered by the Christ Medicus Foundation (CMF), a nonprofit apostolate of the Archdiocese of Detroit. CMF staff members have a missionary mindset and are focused on your personal Best Health and Wellbeing, helping you to live fully alive, in communion with God.


HOPE includes EAP and Life Services to enhance employee team wellbeing and productivity. These are similar to ancillary employee assistance program services that exist at many midsize and large companies, such as the Telus Health EAP that HOPE will be replacing. Unlike traditional EAP services, HOPE integrates faith-based services such as spiritual support, prayer, discernment, reflection, and spiritual direction so that you flourish as a whole person in spirit, mind and body.

Your HOPE personal health and wellness resources include:

- Catholic-centered health and wellness content, challenges, webinars, courses, and resources
- Personal Assessments to understand your unique nature and the strengths God has given you
- Your Personal Wellness Coach focused on you, your health, and your holiness journey goals
- In-person accompaniment and seminar sessions with the HOPE health and wellness team
- Spiritual direction, prayer, reflection, bioethical consults, and faith-based journaling
- Behavioral health counseling services and emotional support
- Personal or family crisis support and referral
- Legal and financial consultation and support
- Work/life support including child and elder care resources and referrals

Your participation in this program is voluntary. Any personal or health information you share is kept confidential by the HOPE program team and never shared with your employer. All personal health information (PHI) is protected, by law, under the Health Insurance Portability and Accountability Act (HIPAA) and is maintained in a secure and confidential manner.

Eligible participants for the HOPE Wellness Program include all employees eligible for Michigan Catholic Conference benefit programs and their eligible dependent(s).



*When you invest in
HOPE, you invest in
your Best Health to
flourish and be fully
alive in Christ.*

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them—every day begin the task anew.”

– St. Francis de Sales

HOPE: Health-Optimism-Personal-Engagement

Experience the healing love Christ desires for you, as a whole person, flourishing through HOPE.

HOPE is a unique Catholic health and wellness program offered to you at no cost as an employee of the Michigan Catholic Conference. This program supports the achievement of Best Health through the tenets embodied within HOPE:

- **“H”** stands for Best *Health*, in spirit, mind and body. Your Best Health as a whole person is personal and unique to you, aligning with your own health and holiness journey that the Lord specifically desires for you.
- **“O”** embodies *Optimism*, the gift of recognizing our own goodness - that we are created lovingly in the image and likeness of God, in gratitude- that we are able to see God as the giver of all good gifts, and in perseverance – striving for flourishing and holiness of our whole person.
- **“P”** is for *Personal*, realizing the Lord is inviting you to take ownership and responsibility for your goals, needs, desire for healing, and flourishing.
- **“E”** represents *Engagement*, the greater your active participation, the more insights you will glean and knowledge you will have on your journey toward improved health, greater wellbeing and flourishing — in spirit, mind and body.

Every individual is created to be unique, with distinct health and wellbeing aspirations on their personal journey to holiness. As such, HOPE meets each participant where they are in their journey, desirous of accompanying them in spirit, mind, and body.

Step Beyond the Standard Limitations of Health Care with HOPE

The Lord desires our flourishing and for us to have a greater understanding of the dignity and beauty for which we are created. Through an authentic Catholic anthropology, we can more fully live this call to greater wellness and wellbeing. HOPE's services and resources go beyond traditional employee benefit programs. Achieving your Best Health and Wellbeing is more than just a doctor's visit; It requires the proper resources, relationships, and inviting the Lord to be part of your active investment in your health.



St. Paul reminds us in his letter to Corinthians, “For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ” (1 Corinthians 12: 12).

The Lord’s Unique Design to Achieve Your Best Health and Flourishing

Spirit, Mind, and Body

The CMF Model of Health and Wellbeing, in which the HOPE program is based, stems from the understanding that all people are created good and that God’s unique plan for our wellness and flourishing comes from the integration of spirit, mind, and body. When each domain is cared for, cultivated, and directed in love for the Trinity, ourself, and others, we flourish. HOPE provides resources dedicated to serving you in each of these integrated domains.

Spirit - Spiritual Health:

- We are all part of the Body of Christ, and as such can both ask for prayers and pray for each other! Use the ***Prayer Board*** to post prayer intentions and remember the intentions of others in your community in your prayers.
- Take time to reflect on your desire for growth in your spiritual health by completing the ***Spiritual Health Survey***. You can elect to receive a call from a member of our spiritual direction team at the end of this survey.
- Schedule a ***Bioethics Consultation*** to receive loving support and guidance during difficult health care situations that may arise.

Mind - Mental Health:

- Use the ***Why Wall*** to reflect on the meaning and purpose behind your goals and the Lord’s plan for your flourishing.
- Utilize the daily ***Journaling Tool*** to document your health and holiness journey.
- Set mental health goals and track your progress with the ***Goal Tracking*** feature.

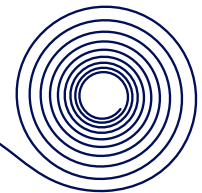
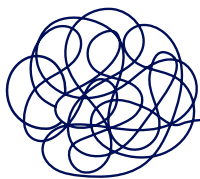
Body - Physical Health:

- Get connected with a ***Catholic Healthcare Provider***.
- Complete the online ***Health Assessment*** to evaluate your health status and health risks, helping you to nourish the gift of your body as a Temple of the Holy Spirit.
- Participate in online, interactive ***Wellness Challenges***.

In the Church – Culture of Community

The path to holiness is one we journey together as the Body of Christ, in the Church. Through HOPE, you are invited to unite as the Body of Christ within your families, your parishes, and your Diocese to invest in your Whole Health and Wellbeing. Our In the Church content, found on your HOPE portal, includes a host of resources, inclusive of topics, videos, and events that directly relate to your wellness and flourishing with the members of your home diocese!





Discover How to Flourish and Achieve Your Best Health with Your Personal Catholic Wellness Coach

HOPE provides a personalized Wellness Coaching experience, centered in the Catholic understanding of the whole person and Christ's healing love. During your one-on-one sessions, you will evaluate your personal health setbacks and successes, as well as develop a realistic plan to achieving your Best Health.

Your certified Personal Wellness Coach will incorporate best-practice solutions that are backed by evidence-based research and are grounded in the Catholic faith. They know you are the ultimate decision-maker and will encourage you to take an active role in your health and wellbeing, all while supporting you and your goals every step of the way. From beginning to end, Your Personal Wellness Coach is focused on helping you continue to become the person God created you to be and anything shared with them is confidential.

Your Personal Wellness Coach is Available to:

- Provide Whole-Person Coaching – supporting you in setting goals for your personal holiness and flourishing in spirit, mind, and body.
- Offer support in all areas of wellbeing, including spiritual, physical, emotional, environmental, professional, social, etc.
- Help you to navigate the health care system by identifying Catholic, Christ-centered experiences and providers, supporting the dignity of life in all the care you receive.

Accessing Your Personal Wellness Coach is as Easy as 1-2-3!

1. Schedule your coaching calls using the online scheduler on the HOPE portal.
2. Complete individualized and confidential calls with your Personal Wellness Coach.
3. Take steps to set and reach goals to achieve your Best Health – in spirit, mind and body.

Your Personal Wellness Coach is prepared to walk with you, addressing your lifestyle-related needs, helping you to create goals to achieve your overall flourishing and holiness in communion with God.

To connect with your Personal Wellness Coach, you can contact HOPE directly at (866) 596-4673 or you can schedule an appointment using the HOPE portal.

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore, glorify God in your body.”

1 Corinthians 6:19-20



Grow in your relationship with the Lord while gaining helpful tools for discernment with your Spiritual Director.

We know life is full, busy and filled with noise. Sometimes it's hard to hear the voice of our loving Father amidst it all. Spiritual Direction can help you slow down, pause and reconnect with Him. The Lord is always present, yet sometimes we need support in hearing His voice and how He is moving in our life.

Our experienced Spiritual Directors are trained in accordance with Church teaching and are ready to guide you to receive the love, joy and peace that our Lord has for you.

Your Spiritual Director is available to:

- Guide you to more clearly discern the voice of the Good Shepherd.
- Aid you in growing your relationship with Christ and others.
- Provide tools and resources to help you advance in virtue and holiness of life.
- Inspire you to be conformed to the Sacred Heart of Jesus.

To receive spiritual support and prayer, call the HOPE Program directly at (866) 596-4673 or schedule a call with your Personal Wellness Coach through the portal.

Pope Leo XIV tells us, “Aspire to great things, to holiness, wherever you are. Do not settle for less. You will then see the light of the Gospel growing every day, in you and around you.”

Engage, Invest in your Best Health, Compete with your Coworkers & Win!

When you participate in HOPE activities, you can have fun and earn sweepstake entries. The more activities you complete, the more entries you earn and increase your chances to win the prizes outlined below!

Below is a listing of activities that are available to complete and their corresponding point values:

HOPE Wellbeing Activities and Points Assignments	Activity Points	Max Points
Whole-Person Health		
Health Assessment	150	150
VIA Assessment	150	150
Daily Healthy Challenges	5	125
Wellness Challenges	75	225
Daily Goal Tracking (Exercise, Relaxation, Reflection)	5	375
Health Coaching Call	200	600/Quarter
Body		
Biometric Screening	150	150
<i>Preventative Exams (Annual Wellness Exam, Dental, Vision, Colon Cancer Screening, Pap Smear, Prostate Screening, Mammogram, Pneumonia, Shingles, COVID, Flu Shot, Skin Cancer)</i>	75	225
Body Health Topic Course	50	50
Sync a Fitness Device	25	25
Mind		
Complete a Catholic Counseling Session	100	100
Utilize the Why Wall	75	75
Knowledge Management Courses	50	1,050
Journaling	5	125
Spirit		
Engage In Prayer Board	25	25
Complete a Spiritual Direction Session	100	100
Volunteer	50	150

100 points = 1 quarterly sweepstakes entry (3 max /quarter)

Each quarter, HOPE participants can earn sweepstakes entries for a chance to win a gift card in the dollar amounts outlined below. The more points you earn, the more sweepstakes entries you earn!

	# of Winners	Gift Card Dollar Value
The Beatific Vision	1	\$2,000
The Seraphim	2	\$500
Archangels	5	\$200
Guardian Angels	10	\$100



EAP and Life Services, Offered to You Through HOPE!

HOPE includes EAP and Life Services to enhance employee team wellbeing and productivity. These are similar to ancillary employee assistance program services that exist at many midsize and large companies, such as the Telus Health EAP that HOPE will be replacing. Unlike traditional EAP services, HOPE integrates faith-based services such as spiritual support, prayer, discernment, reflection, and spiritual direction so that you flourish as a whole person in spirit, mind and body.

HOPE EAP and Life Services Include Consultation and Referral for (but are not limited to):

- Behavioral health counseling services and emotional support
- Personal or family crisis support and referral with 24/7 direct call access
- Legal and financial consultation and support
- Work/life support including child and elder care resources and referrals

HOPE empowers you and your Personal Wellness Coach to work together to achieve your Best Health, one step at a time, trusting always in Christ's healing love for you.

To receive EAP and Life Services, call HOPE directly at (866) 596-4673, or schedule a call with your Personal Wellness Coach through the portal.

Emergency/Urgent Care Needs

Emergency/urgent emotional and mental health consultations are available 24 hours a day, seven days a week by calling the HOPE toll-free telephone number (866) 596-4673. If you desire immediate physical presence or response, or if there is an immediate threat to yourself or others, please contact 911.

HOPE Catholic Counseling

Provided through HOPE is an integrated service system, which enables easy access to faith-aligned Counseling services. During your Personal Wellness Coach call(s) or following an assessment with a HOPE Personal Wellness Coach, you may voluntarily elect to be referred to short-term clinical counseling sessions.

HOPE Catholic Counseling services are solution-focused, providing faith-based short-term counseling designed to help you resolve personal issues of concern. As a valued member of HOPE, your first five sessions are covered with a \$0 cost per person, per issue, per year – and can consist of an individual, couples or family session. In accordance with your benefit plan, subsequent sessions are subject to insurance considerations including copays, coinsurance, deductibles, or other out-of-pocket expenses. Review your Summary of Benefits and Coverage (SBC) to determine your out-of-pocket cost after the first five sessions. If you are enrolled in an MCC medical plan, your plan information can be found [here](#).



HOPE: Catholic Health and Wellness at Your Fingertips!

The HOPE wellness portal tracks your progress and provides access to faith-based resources and services that empower you on your journey to Best Health in spirit, mind, and body. HOPE can help you grow closer to Christ and his will for your life by giving you access to online Catholic curated courses, interactive wellness challenges, and all the tools and resources needed to manage and improve your Best Health as God created you.

Your Hope Assessment Tools help you to better understand your health and the path to your Best Health, Wellness, and Wellbeing to Flourish as a Whole Person, Fully Alive in Christs Healing Love.

Health Assessment

Without good health, it's difficult to enjoy life fully. HOPE offers a comprehensive tool — a Health Assessment, or HA — to evaluate your personal health status and identify your health risks. By completing an HA, you receive an individualized summary of your current overall health condition. Your HOPE HA helps establish a baseline on the journey to your Best Health.

Working with a set starting point (established by completion of the HA) and establishing a relationship with a Personal Wellness Coach can empower and motivate you to make lifestyle changes and positive improvements, enabling you to successfully reach your goals on the journey to your Best Health as a whole person, fully alive and flourishing.

Personal Learning Survey

Your HOPE Personal Learning Survey only takes a few minutes to complete. It's a simple but powerful tool for helping you understand your optimal style of learning and how you gather information and knowledge. Together with the Health Assessment, the Personal Learning Survey will assist HOPE in supporting your journey toward enhanced wellness and your Best Health.

The Personal Learning Survey can provide insight into how you most effectively learn new information and accomplish tasks at work and in your personal life. The feedback does not comprise hard and fast results but rather general observations about your learning and productivity style. Some people are *specialists* and others are *generalists*. Some are *architects* and some are *builders*. Some people work better alone, and others work more efficiently in groups. Additionally, everyone has a different patience level. It can help to know if you do better with less or more detail, if you have higher or lower patience, and if you prefer solitary pursuits or group activities. Using these insights can act as a helpful tool in knowledge of yourself as you strive to improve your health habits and greater wellbeing. This tool, along with your relationship with your Personal Wellness Coach and/or spiritual director, can help you utilize the gifts given to you by God that will aid you to achieve your personal health goals.

The Flourishing Measurement

The Flourishing Measurement is a research-backed survey that helps us understand where a person currently stands in key domains of wellbeing, including happiness, purpose, virtue, and relationships, all essential to living in the fullness of God's design. This survey is a powerful tool for looking at one's whole person wellness in spirit, mind, and body. The Flourishing Measurement can also be integrated within our coaching program to bring additional clarity and context to one's journey to holiness. It is a vital tool in building a culture of health and holiness that honors the dignity of the whole person created in the image and likeness of God.

VIA Strengths Survey

This optional survey is offered to help you gain a deeper understanding of your God-given strengths and how utilizing these strengths can help you on your path to flourishing. This survey takes about 10 minutes to complete and will display strengths in rank order, including the top five strengths (or "signature strengths") that can aid us as we seek to become the people God created us to be. And, as Aristotle teaches through the Golden Mean, moral excellence or virtue is best in balance. Often the path to wellness and holiness involves acknowledging points of weakness, or defects, and areas in one's life where they need to grow. Through knowledge of and utilization of our strengths, we can more easily work to overcome these deficits and seek the life of virtue and flourishing we desire!

Our strengths are aids to help us, encouraging us in the pursuit of virtues. While not the virtues themselves, it is important to see our strengths as a tool in living the virtuous life. By integrating one's character strengths into a comprehensive, whole-person approach to health and wellness, we empower ourselves to acknowledge and utilize the natural gifts given by God to seek this virtuous life.

Use HOPE Online Tools to Evaluate Your Current Health

Stress Assessment

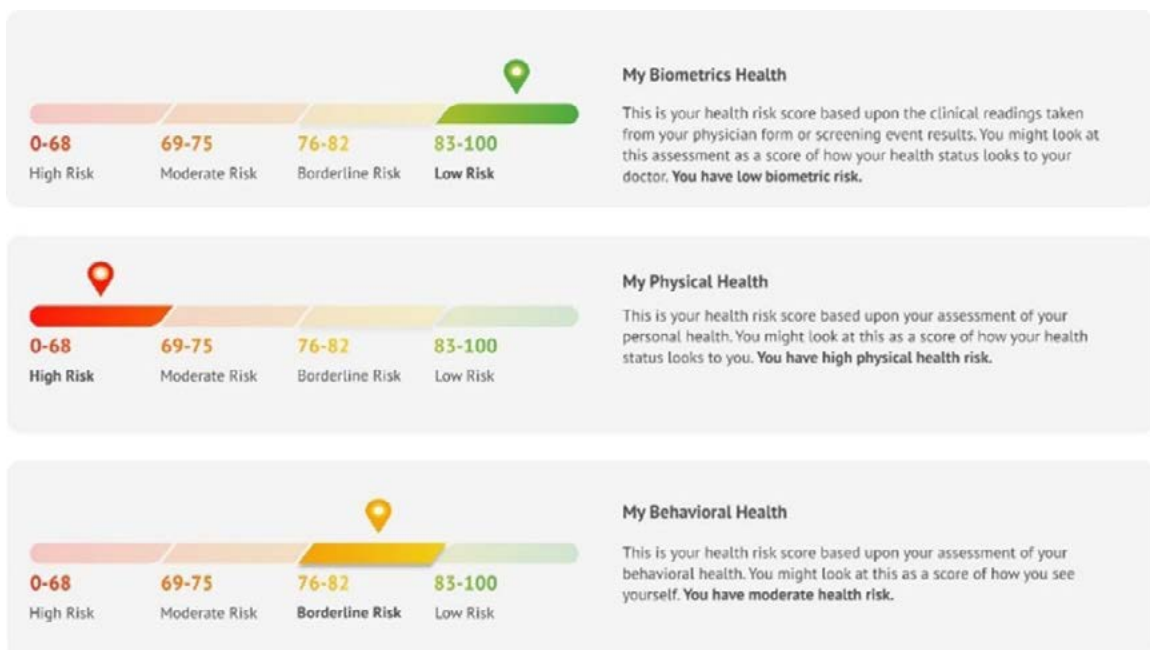
Stress management is one of the primary components of wellness. As St. Theresa Benedicta, or Edith Stein, reminds us, "Lay all your cares about the future trustingly in God's hands, and let yourself be guided by the Lord just like a little child." The optional HOPE Stress Assessment is a brief series of questions that can help you measure your current chronic stress level. You might be surprised after consciously evaluating the answers. The results of this assessment can help you and your HOPE Personal Wellness Coach determine which programs and resources will be most effective for you. Remember, your coach is here to walk with you! Coaching is a judgment-free relationship, which strives to help you live the life the Lord desires for you!

Financial Assessment

The optional HOPE Financial Assessment is a series of questions designed to get you thinking about your current financial situation and future financial goals. Again, you may be surprised by the results after assessing your income and expenditures and how these affect your financial health and future. This assessment will help guide you toward HOPE financial resources such as education and/or consultation that could be beneficial to you.

Personal Health Score

Discover your Personal Health Score based on results from the health assessment and biometric health screenings. Your overall score is derived from three important categories. This score can be a valuable tool to assist you in creating goals and working with your Personal Wellness Coach.



St. Paul says in his letter to Philippians, "I can do all things in Him who strengthens me."

Get Started Today!

Your Best Health is a personal journey of holiness and flourishing, taken one step at a time. The most important step is the first one.

Log in at: assethealth.com/hopeatmcc

Username: first initial + last name + last four digits of SSN

Password: date of birth (mmddyyyy)

Connect with your HOPE Personal Wellness Team directly at (866) 596-4673 or you can schedule an appointment convenient for you using the HOPE portal.