



Southwestern Minnesota Synod
Evangelical Lutheran Church in America
 God's work. Our hands.

Stewards of Our Health

In 2015, our synod's congregations received \$57,000 from Portico/ELCA in health premium discounts (2% from January 2015) because over 65% of possible participants took this year's health assessment. In addition to this congregational savings, our SW MN synod received \$28,500, an additional 1% saving. These dollars are to be used for Wholeness Wheel Health Stewardship activities. We call these activities, Stewards of our Health. Funds paid out are called "Wellness Dollars".

We will share these Wellness Dollars strategically to improve your stewardship of your health.

The SW MN Synod council assigned the task of finding ways to distribute these Wellness Dollars to the Serving in God's World Board and a Wellness Table. Below are the ways we will be investing in you.

Wholeness Wheel/Grant Categories:

Our wellness strategies are built off of the Wholeness Wheel. It illustrates that wellness is multi-dimensional — made up of spiritual, vocational, intellectual, emotional, physical, social and financial dimensions of well-being. Spiritual well-being is intertwined with and influences our well-being in all other dimensions. Please visit www.porticobenefits.org to learn more about the Wholeness Wheel.



THE WHOLENESS WHEEL



Portico Benefit Services' wholeness wheel emblems are trademarks of Portico Benefit Services (U.S. Patent and Trademark SN 86/252,356, 86/257,977).
 Certificate of registration numbers: 4,637,260; 4,637,258; 4,637,259; 4,636,828; 4,677,811.

Some Boundaries...

- Each person who is rostered in the SW MN Synod and serves as a non-retired, rostered leader in a part-time or full-time call in the SW MN Synod is eligible for the grants defined below. Rostered leaders who fit this description and who serve in the SW MN Synod do NOT have to be insured by Portico/ELCA Health Insurance to be eligible for the grants. Spouses and children of these rostered leaders, except for clergy couples, are NOT eligible for the grants.
- Paid, non-rostered staff members who serve in a congregation or synodical office setting within the SW MN Synod AND who have Portico/ELCA health insurance are eligible for the grants. Spouses, and children of these insured staff members, even if insured by Portico/ELCA Health insurance are NOT eligible for the grants.
- Each person's eligibility—rostered and non-rostered named above-- is for up to a maximum of \$250 in grants in fiscal year 2015. A combination of grants may be used to reach the maximum.
- Grant funds are limited, and are not automatically awarded, except for the specific items that are listed on each page. If an application is for something other than what is listed, the Wellness Table will meet to discuss the nature of the request based on the intended criteria for each grant. Applications will close once we have invested our budgeted amount in each Wholeness Wheel category. (see grant and Wholeness Wheel category descriptions below. If a category is "closed" it will be marked on the description.)
- Rostered leaders must have completed these forms before grants funds are paid:
 - Congregational Statistical Reports (Form A and C)
 - Rostered Leader Report to the Bishop

You may apply now and then complete forms. Grants will NOT be paid until these forms are completed for your congregation AND yourself.

Grant Applications:

All grant applications are available online at www.swmnelca.org.
 (under Quick Links, click on Stewards of our Health)

Please read informational sheet attached to the grant before applying.

Grant Questions:

Contact Rev. Larry Strenge
larry.strenge@elca.org

Reimbursement Questions:

Contact Carla Klawitter
carla.klawitter@swmnelca.org



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Financial – Wellness Grant

Being financially well involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one's financial well-being in this way requires us to be resilient, generous, and focused on sustainability.

–The Wholeness Wheel, Portico Benefit Services

Grant Information:

See “Some Boundaries” on the “Stewards of our Health” cover sheet re: general eligibility information.

5 grants of up to \$200 are available.

Create or update your will

Please use this grant to update or create a will for you or your family. Submit a receipt from Lawyer or other legal office verifying the expense. Up to \$200 of a “total bill” that is more than \$200 may be covered.

Financial Coaching

If you are a Portico member you are reminded that Portico offers free personalized financial guidance through Ernst & Young Employee Financial Services. Login to MyPortico and read more about financial planning.

If you are NOT a Portico member you may submit a receipt for up to \$200 showing that you have received “credit counseling” or other “financial planning” from a reputable source. (Example: LSS/Mn Credit counseling)

Apply for Grant:

Visit www.swmnelca.org (under Quick Links, click on Stewards of our Health) and fill out the online grant application.

Please read through the boundaries before submitting your application.