

Fall 2015

**CHECK
OUT**

2 Wellness 2015-2016


3 DC47 H&W Fund
News

4 The Many Ways
We Can Help!

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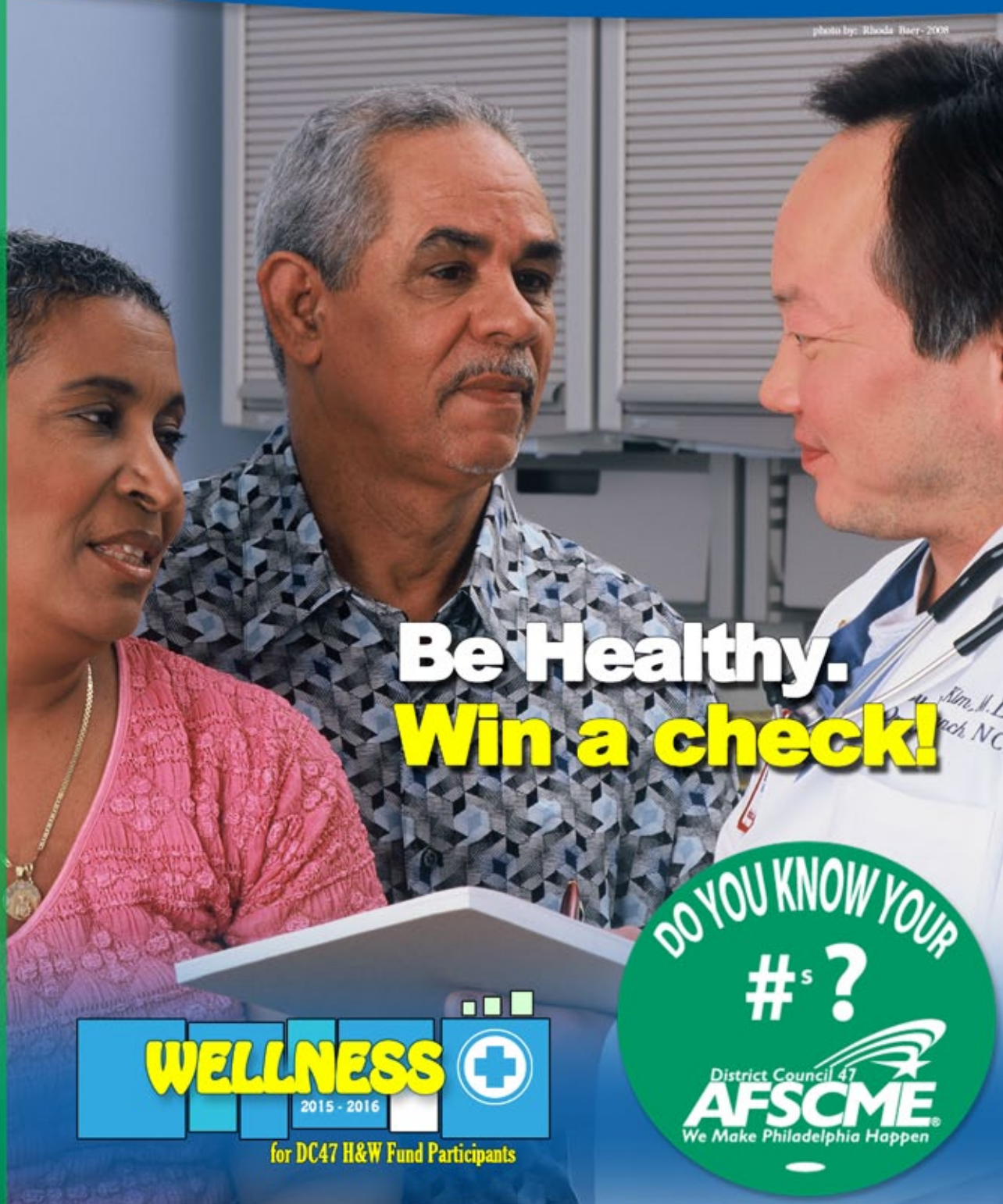


photo by: Rhoda Haer-2008

**Be Healthy.
Win a check!**



for DC47 H&W Fund Participants



WELLNESS

2015 - 2016



Wellness 2015-2016: Win \$150!

The District Council 47 Health & Welfare Fund thanks its thousands of participants who are engaged in our Wellness Program. The Wellness Program will continue for the rest of this year and into 2016. All members are asked to update or complete their Wellness Profile on www.ibxpress.com.

Follow these easy steps to complete your 2015-2016 H&W Wellness Profile:

- Go to IBX website: www.ibxpress.com
- After logging into IBX, click Health & Wellness on the top right and select View/Edit My Wellness Profile
- Scroll down and click Wellness Profile
- Click blue box labeled: Take/Retake WP Now
- Fill out the Wellness Profile or redo the Wellness Profile if it is already populated
- Make sure to fill in Lab Tests section
- Participants can use information going back to: October 31, 2014
- When finished Wellness Profile, click COMPLETE.

All members who update or complete their Wellness Profile after July 1, 2015 will have a chance to win a \$150 incentive for completing the process. The H&W Fund will have 3 drawings during the year for this incentive. Below is a list of the latest members who have completed the Wellness Profile and have won a \$150 incentive:

ALLEN, SHONDA | AROS, ELIZABETH | AZAR, HELEN | BAKER, NICHOLAS | BAKER, SHEILA | BLAKE, CHARNA | BLANKS, DAMON | BOND-BATTLE, JACQUELINE
BRADY, JOHN | BRODEN, SUSAN | BROWN, KENDALL | BUTLER, JAMES | CASTRO, LUZ | CHACKO, ASHA | COKER, ANGELA | CONFAIR, CATHERINE
COOPER, KATHLEEN | CROFT, MICHAEL | CRUZ, ERASMO | CUSIL, KEVIN | D'IMPERIO, MICHAEL | DAUGHTRY-COLSTON, LORRAINE | DELOATCH, TIFFANY
DEMARCO, MICHAEL | DESHAUTEURS, AURORA | DIPASQUALE, LAURA | EVANTTSKY, DIANE | FARINA, MARIA | FLANAGAN, JOSEPH | GLOVER, DIANE
GODFREY, JOHN | GONZALEZ, JOHN | HAAK, JOHN | HALDEMAN, ANNETTE | HAMPTON, MELISSA | HARRIS, MARK | HARRISON, CHEVELLE | HARRISON, FREDERICK
HAUG, DOROTHEA | HAZLEY, WILLIAM | HILL, MICHELL | HINES, CASSANDRA | HINES, CASSANDRA | HOUSTON, CHRISTINE | HULICK, MATTHEW
JARVIS-MACK, SYLVIA | JAYANT, CHRISTINA | JOHNSON, JACQUELINE | JONES, WANDA | JONES, WANDA | KARIMPUMKALAYIL, SAM | KELLY, GERALD
KEYS, GERRY | KIM, JONG | KULP, NICHOLAS | LEWIS, LENORA | LUGO, CARMEN | MACKLIN, SHAWNKA | MANLEY, ANDREA | MARKS, WILLIAM | MATHAI, JOSE
MCANDREWS, MARIAN | MCCARTHY, ARLENE | METZINGER, STEPHEN | MIDGETTE, JULIE | MOSS-HOLLAND, JACQUELINE | MOTT, ROBERT | MULLINGS, ODERINE
MURRAY, ANNETTE | PARADIN, JOSEPH | PERHOSKY, JOSEPH | PFEEGOR, BRIAN | POLGARDY, CAROLYN | PRICE, JEANIE | QUINN, JAMES | RANJO, NINO ISSAC
RENFO, CHRISTOPHER | RICCI, LINDA | RUE, ALLEN | RUFF, SHENIKA | SCHAAF, ROLAND DAVID | SCHMIDT, STEPHEN | SERAFINE, KIMBERLY
SIMPSON, DARRYLE | SMITH, ERICA | SQUILLACIOTI, CONCETTA | STAKE, FRANK | STANFORD, TRACEY | STAPLES, DAVID | STRAIN, ANN | SWANN, LATEESHA
TENNESEN, ELAINE | TORIELLO, DOMINIC | VELASQUEZ, FELIPE | VIERICK, ROBERT | WHITEHEAD, VENUS | WILLIAMS, JAMES | WINCKLER, GWENDOLYN
WINOKUR, ERIC | ZENON, MILDRED

The Health & Welfare Fund encourages all of our members to participate in our Wellness campaign. In this newsletter you will see a listing of all of our vendors and their websites. The Fund encourages you to log-on to these various websites to monitor your claims and to get examples of healthy lifestyles.

Independence Blue Cross and our other providers offer many services online that can be beneficial to you and your family. The Fund encourages you to make use of these services.

Remember to update or fill out your Wellness Profile on IBC after 7/1/15 to be entered into the drawing for a chance to receive \$150.

Yours truly,

Bob McAllister,
Fund Administrator

Frederick Wright,
Chair

Health & Welfare Has Moved To The First Floor!

Please note that the next time that you come into District Council 47, located at 1606 Walnut Street, you will notice that the Health and Welfare Fund offices are now located on the First Floor. Members will now have easy access to our Health and Welfare Staff by having all of their Health and Welfare concerns taken care of without having to go on the elevator or climb the stairs! You can also contact our Health and Welfare Benefit Technicians at 215-893-3774, 215-893-3775, or 215-893-3776 from 8:30AM to 5:00PM, Monday through Friday.

Payroll/Pension Medical Deductions

In the November 26, 2014 open enrollment letter sent to all active employees, the H&W Fund stated that they would review the medical spend for the first 6 months of 2015 to determine if a change would be necessary to our payroll/pension medical deductions. In July of 2015, after consulting with the Fund's Actuary, the Trustees of the Fund have voted to keep the current payroll/pension medical deductions in place for the remainder of 2015.

This decision means that the Trustees of the H&W Fund have been able to keep the payroll/pension medical deductions that were put into place in April of 2014 to December 31, 2015. The November of 2015 open enrollment letter will explain IF any changes in deductions will be needed for 2016. It is the goal of the Trustees to keep deductions as low as possible to the members of the Fund.



Retirees News

Are you or your spouse age 65 or over and RETIRED?

If YES, make sure that you apply for Medicare Part "B" and contact the Health and Welfare Fund office at 215-893-3774, 215-893-3775, or 215-893-3776 for further information.

If you are RETIRED and age 65 or over, you must enroll in Medicare Part "B" in a timely fashion or you will be penalized by Medicare. You may contact your local Social Security office for more information, or contact the Health and Welfare Fund.

We encourage you to log-on to each of our vendor's websites. They are as follows:

District Council 47
Independence Blue Cross
BeneCard Prescription
United Concordia Dental
National Vision Administrator
Employee Assistance Program

www.dc47union.org
www.ibxpress.com
www.benecardpbf.com
www.ucci.com
www.e-nva.com
www.healthadvocate.com/members

Log-on to their websites to monitor your claims, fill-out your Wellness Profile, follow the suggestions that they give to you for healthy living, etc.

This information is there for you - PLEASE MAKE USE OF IT!

DC47 Health & Welfare

DC 47 Health & Welfare Newsletter

1606 Walnut Street

Philadelphia, PA 19103

Wellness- Fall 2015



Wellness 2015-2016

Be Healthy. Win a check!

HealthAdvocate
**The Many Ways
We Can Help!**

Health Advocacy

Find the right doctors

We can also locate hospitals and other providers, make appointments, explain treatments and transfer medical records.

Resolve benefits issues

Turn to us for help resolving claims issues, untangling medical bills and coordinating benefits.

Help to make informed decisions

We will research conditions and treatment options, and facilitate second opinions.

Get your questions answered

We help you become informed about test results, treatments and medications prescribed by your doctor.

EAP+Work/Life™

Expert, short-term assistance

Our Licensed Professional Counselors can make referrals for more in-depth care, if needed.

Professional, caring support

Get personalized help with stress, depression, family problems, substance abuse and much more.

Support with work/life issues

Our Work/Life Specialists can help locate childcare, eldercare, legal and financial assistance.

Convenient online resources

Get 24/7, online access to educational materials, webinars and other helpful resources.

Help is only a phone call away! Call 866.799.2728 today. Your Health Advocate benefit is being offered by your employer at no additional cost for you and covers eligible employees, their spouses, dependent children, parents and parents-in-law.*

866.799.2728
HealthAdvocate.com/members
24/7 Support



NEWS FROM YOUR HEALTH & WELFARE FUND