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Take Charge of Your Health and Earn Rewards

Taking control of your health may be easier than you think — even if you have a family history of illness. According to the Centers for Disease Control and Prevention, your actions affect your health more than your family medical history, environment and access to health care *combined*.

Every day, you make decisions that affect your health, including:

- What you eat
- Whether you use tobacco or drink alcohol
- Whether you exercise

These may seem like small choices, but over time, they directly contribute to your well-being.

Staying healthy means more than avoiding the flu. Healthy people also tend to be more active and productive, improving their quality of life. For example, certain conditions or behaviors cause workers to miss a significant number of days on the job, on average, each year:

- Smoking — 2 days per year
- Hypertension — 7 days per year
- Depression — 8 days per year
- Diabetes — 12 days per year
- Heart disease — 15 days per year

In addition, when participants live healthy lives, it reduces their health care costs and also lowers costs for EIT — allowing the Fund to continue to provide valuable health care benefits.

To help you *Take Charge* of your health in 2008, EIT and the Board of Trustees are providing a **three-step challenge to non-retired covered participants**. Because a healthy lifestyle pays off for you and EIT as a whole, EIT will reward you for participating in *Take Charge*. When you or your covered spouse completes any of the three steps shown on page 2, you'll earn a \$50 Jewel-Osco gift card. **Complete all three, and you'll earn \$150 in Jewel-Osco gift cards, or up to \$300 per household.**



Read this issue to learn how you can earn \$150 in Jewel-Osco gift cards!

Although good health is important for everyone, at this time, the *Take Charge* program is available only to non-retired covered participants and their spouses.

If you are eligible to participate in *Take Charge*, look for more information about the program — including screening dates and locations — that will be mailed to your home.

STEP 1: Attend a Health Screening

EIT encourages all active (non-retired) covered participants and their spouses to attend a Health Screening, which is a convenient way to determine your current health values at no additional cost to you. Screenings take about 10 minutes and consist of a height and weight check and pricking your finger to determine your blood glucose and non-fasting cholesterol. You'll also receive a brief health consultation from a trained professional.

After you attend and complete a Health Screening, **you'll receive a \$50 Jewel-Osco gift card!**

STEP 2: Complete a Health Assessment

A Health Assessment is a confidential, personalized questionnaire designed to help you address your specific health needs. The Health Assessment takes 10 to 15 minutes to complete, and you can complete it either online or on paper.

To complete the Health Assessment online:

Log on to www.fundoffice.org/takecharge.

To complete the Health Assessment on paper:

Call the *Take Charge* HelpLine at **(800) 926-5455** to request a copy.

After you complete a Health Assessment, you'll receive **another \$50 Jewel-Osco gift card!**

KEEP IN MIND...

Both you and your covered spouse are eligible to complete the three-step *Take Charge* challenge. If you both complete all three steps, your household will earn **\$300 in Jewel-Osco gift cards!**

STEP 3: Take the NextSteps® to a healthy life

After you complete the Health Assessment, you'll receive a report that shows your health information. Depending on the health risks you face, you may be invited to take the NextSteps to a healthy life by working with a personal Health Coach over the phone or by mail.



NextSteps health topics include:

- Back care
- Diabetes management
- Stress management
- Weight management
- And many more!

If you don't take the Health Assessment or are not invited to participate in the program, you can still take the NextSteps to a healthy life by completing an online program at www.fundoffice.org/takecharge.

After you complete a NextSteps program, **you will earn another \$50 Jewel-Osco gift card!**

For more information on the challenge or to begin to *Take Charge* of your health, visit www.fundoffice.org/takecharge or call **(800) 926-5455**. 

YOUR BENEFITS AND TOOLS

Managing your health isn't always easy. To help you live a healthy life, EIT has partnered with two nationally recognized health education providers — StayWell Health Management and Free & Clear® — to give you key *Take Charge* resources including:

- **ONLINE HEALTH PORTAL** — Visit www.fundoffice.org/takecharge for immediate access to health content and tools 24 hours a day, seven days a week.
- **HEALTH SCREENINGS** — Attend a Health Screening to learn how your health measures up and earn a \$50 Jewel-Osco gift card.
- **HEALTH ASSESSMENT** — Complete a 10 to 15 minute questionnaire online or by mail to get a better idea of where your health stands and potential health risks you face, and earn another \$50 Jewel-Osco gift card.
- **NEXTSTEPS® PROGRAM** — Take steps to improve your specific health issues by working with a personal Health Coach over the phone or by mail, or by completing an online program, and earn another \$50 Jewel-Osco gift card.
- **TOBACCO CESSATION SUPPORT** — Through our partnership with Free & Clear, active EIT participants and their covered spouses will have access to a **personal Quit Coach** and **medication** at **no additional cost** to help them stop using tobacco.

All *Take Charge* resources are **completely confidential** — neither EIT nor your employer will have access to your health information.

A Fond Farewell to Donna Schmidt

On Friday, March 28, EIT bid a fond farewell to Donna Schmidt. After 42 years with the Fund Office, Donna decided to join the ranks of the participants she has served tirelessly since she became Pension Coordinator in 1976 and retire.

Donna has seen a lot of changes — both at EIT and in the electrical industry as a whole — since she started with the Fund Office on February 2, 1966. She was instrumental in establishing both the Supplemental Unemployment Benefit fund in 1972 and Pension Plan No. 5 in 1982. She was there when the industry adopted reciprocity, and she has witnessed the median retirement age drop from 65 to 62.


She came to EIT as part of a high school work-study program through Jones Commercial High School, and when she graduated, she was offered a full-time position. Donna worked in various capacities until mid-1975, when she was approached by then-Fund Administrator, Ralph Hogan, who asked if she was interested in learning about pensions — the rest is EIT history.

Since Donna became the Pension Coordinator in January 1976, she has single-handedly retired 7,800 participants who qualified for Pensions No. 2, 4 or 6. The number of widow's pensions and pensions for dependent children she has processed over the years is incalculable, and we can only estimate that she has processed tens of thousands of Pension Plan No. 5 distribution applications during her tenure.

It's safe to say there is not a single living EIT participant whose benefits have not been touched either directly or indirectly by Donna Schmidt. Donna embodies the spirit of EIT — she has been the one constant in all of our lives and she leaves a hole that will never quite be filled.

Donna's dedication to EIT and the participants she has served can be summed up by the fact that in 42 years we can't find a single record of her ever calling in sick!

When asked what she would miss most, Donna responded, "Talking to the members ... most of all, the retired members." She went on to say, "When I started here 42 years ago, I never thought that I would last this long. I have made so many friends here at EIT and within the industry."

So what's next for Donna? She'll keep busy taking care of her home and having more time to spend with her mother. She and her husband, Jon Black, like to travel, and she's looking forward to having the time to pull over to the side of the road and actually read a couple of those historic markers. 

PLEASE WELCOME OUR NEW PENSION COORDINATOR

Donna Schmidt has retired from her longtime post as Pension Coordinator. But don't worry — she's leaving the Pension Department in the capable hands of Tanya Baird. Tanya came to EIT in May 2006, and she's spent the past two years working with Donna and learning the nuances of our Pension Plans.

Tanya has a wealth of pension experience — before coming to EIT she worked for Aon Consulting, where she handled pensions for AT&T. Prior to that, she worked for the Hotel Employees and Restaurant Employees International Union Welfare and Pension Fund. Tanya has some big shoes to fill, but we know she's up to the challenge.

NEW BLUE CROSS BLUE SHIELD OF ILLINOIS ID CARDS AVAILABLE

If you use reading glasses, you probably noticed that the information printed on the new ID cards you received late last year from Blue Cross Blue Shield of Illinois (BCBS) is very small and difficult to read.


Going forward, BCBS will issue cards with the group and identification numbers in a slightly larger font. However, keep in mind that the font size for your name will not increase. This font size is standard and must accommodate participants with longer names. If you would like a new card with larger font, call BCBS at **(800) 862-3386** and ask for a replacement card.

Remember to Submit Your Child's Student Certification

Is your child covered under your health plan? Once your child reaches age 19 through 22, you will need to provide EIT with a student certification for the spring term or else your child may lose coverage.

Dependent children who are between the ages of 19 and 22 and attend school full-time may be covered under an EIT Health Plan if they have provided a student certification from their school as proof of full-time attendance. Coverage is provided for 120 days from the last day that EIT has proof of full-time attendance. Student certifications must be obtained from the school's registrar's office.

Student certifications can be faxed to the EIT Fund Office at **(312) 782-4431**. If you send a fax, we strongly urge you to confirm that your fax transmission

was received by calling the Fund Office at **(312) 782-5442**, extension 258. You can always verify your child's eligibility status by visiting our website at **www.fundoffice.org** and checking out the Student Thru Date that EIT has on record. Remember, your dependent child is covered for only 120 days from the date EIT has on file. 

LOOK INSIDE FOR INFORMATION ABOUT TAKE CHARGE IN 2008

You and your spouse can each **earn up to \$150** in Jewel-Osco gift cards for taking three simple steps toward good health—that's up to \$300 in gift cards per household! Read pages 1 and 2 to learn more.

This newsletter contains information on various benefits, but it does not give you all of the details. The official plan documents have all of the details. If there are any differences between this newsletter and the plan documents, the plan documents will govern. If you have any questions about your benefits, please contact the Fund Office at **(312) 782-5442**.

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