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A One-Stop Shop for Service

We're committed to being green! With the implementation of our new participant self-service website, you have everything you need to know at your fingertips in one quick and easy place. The website went live on July 6, and you can access it at www.fundoffice.org.

The website is a repository for information and transactions. It's a great improvement from our former participant website, and it's easier to use. You have 24/7 access to the website, offering you convenient self-service. On the website, you can find:

- Your personal information
- Your work history
- Your health and welfare benefits eligibility
- Disbursement information
- Copies of past letters and correspondence, such as Pension Statements, COBRA Notices, Voucher Letters, Questionnaires, Commencements and more.

Your website usage is not tracked by the Fund Office, and the actions you take on the website will not affect your benefits. For questions about the website, please e-mail Peter Kim at pkim@fundoffice.org or call (312) 782-5442 x 267. 



GO GREEN WHEN YOU GO ONLINE!



When you register, your e-mail address will be a required field in our new Participant Self-Serve registration.

News Brief: Health Care Reform and Dependent Coverage

The provisions of the Patient Protection and Affordable Care Act ("PPACA") regarding coverage for adult children of participants up to age 26 takes effect for plan years beginning on or after September 23, 2010. EIT's plan year runs from July 1 through June 30. Consequently, the compliance date for EIT's plans and the effective date you may be eligible to enroll adult children is **July 1, 2011**. Please note participants must be eligible for coverage as of July 1, 2011 in order to enroll adult child dependents in the EIT plan.

EIT will develop procedures to enroll dependents who have already terminated coverage due to their age and will send out notices to both participants and previously terminated dependents (due to age) so that they may enroll in EIT's plan. Please consider locating **original, government-certified birth certificates** (not a hospital birth record) for dependents you intend to enroll. You will need to submit this birth certificate to EIT upon enrollment. EIT will copy and return the original document to you.

On and after July 1, 2011, EIT will no longer require participants to submit certifications for full-time student status for dependent children ages 19-23. 

YOUR LIFE. YOUR HEALTH. YOUR SAFETY.

Did you know that one in 10 men is a victim, and three women die every day in the U.S. as a result of domestic abuse?* Domestic abuse, or intimate partner violence, is defined by the National Domestic Violence Hotline as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Covered participants and spouses have a resource to help them deal with domestic violence and other health issues. Through the **Be Smart. Be Well.** website at www.besmartbewell.com, you can find information to help you stay healthy and safe through increased awareness and simple-to-use knowledge. The **Be Smart. Be Well.** program is provided through Blue Cross and Blue Shield of Illinois at no cost to you.

** Source: Blue Cross and Blue Shield of Illinois*

INURED ON THE JOB?

If you incur a work-related injury, you must:

- Immediately file an accident report with your employer, and
- Contact the Fund Office for a Workers' Compensation application.

Know Your Numbers: Blood Glucose

There's safety in your numbers. By knowing your numbers, you can take action to reduce your risks of developing health conditions. Blood glucose is one important number you should know.

What's Blood Glucose?

Blood glucose is the level of glucose — or sugar — available in your blood. Glucose is the primary source of energy for your body, so it's important you have a healthy level of glucose. The normal level of glucose in humans is 72 milligrams per deciliter. However, your glucose level fluctuates during the day. It is lowest in the morning, before your first meal of the day, and it is highest after you eat a meal.

Why Should I Care About My Blood Glucose?

If your blood glucose level is persistently above the normal level, you may have a condition called hyperglycemia. Symptoms of hyperglycemia include tiredness, irritability, weakness in the arm and leg muscles, a pale complexion, sweating, and even impaired mental functioning or loss of consciousness.

If your blood sugar level remains too high, hyperglycemia can lead to long-term health conditions associated with diabetes, including eye, kidney and heart disease, and nerve damage.

Controlling Blood Glucose

Exercise can help prevent your glucose level from getting dangerously high. It not only helps lower blood sugar levels, but it also fights infections. Exercising for 30 minutes a day can help keep your glucose at a healthy level. So, the next time you have an errand to run in your neighborhood, consider walking to the store instead of driving, or park your car far from the store entrance rather than up front. You can also lower your blood glucose levels by eating low-glycemic foods. This includes oatmeal, peanuts, beans, peas and granola.

Having trouble controlling your blood glucose level? If you are an active, covered participant, consider working with a StayWell health coach. To get started, visit

www.fundoffice.org/takecharge or call **(800) 926-5455**. 

Source: diabetes.webmd.com/blood-glucose



DID YOU KNOW?

Your glucose level changes all the time. It can:

- Rise from severe stress, such as trauma or a stroke, and
- Fall after the initial surge from having a few alcoholic drinks.

Take Charge of Your Health and Earn Rewards!


We all know that good health pays off by helping us look and feel better. But did you also know that good health can pay off — literally? As an active, covered participant, when you complete certain wellness activities currently offered through the *Take Charge* program, you can earn a \$50 pre-paid MasterCard®.

If your Health Assessment showed you do *not* currently have a health condition, you can still take action to reduce your risks of developing health conditions in the future. Visit www.fundoffice.org/takecharge to learn more.

If your Health Assessment showed you are at risk for a health condition, be sure to participate in a NextSteps® program. NextSteps offers programs to help you reduce the risks associated with your condition.

There are three ways you can participate in these programs:

- 1. By telephone.** A StayWell health coach will help you set your goals and stay on track.
- 2. By mail.** StayWell will send you information that includes educational readings and forms to help you set and track your goals.
- 3. Online.** You can access helpful information and track your progress, step-by-step, from your computer.

If you complete a NextSteps program during this program year, you'll earn a \$50 pre-paid MasterCard card — and your spouse can participate and earn an additional \$50 card! To enroll for a NextSteps program, please visit www.fundoffice.org/takecharge. 




BE HEALTHY, BE TOBACCO-FREE

Quitting isn't easy. But you have a partner to help. The Quit for Life® Program provides active, covered participants and their spouses guidance and encouragement to help them quit smoking. The program is sponsored by the American Cancer Society and Free & Clear.

When you join the Quit for Life Program, a certified Quit Coach will help you identify situations that make you want to use tobacco, and ways you can avoid those situations. The Quit Coaches have years of experience and training, and understand many unique tobacco-related triggers where temptation is difficult to avoid.

Wondering if the program really works? In its 35 years of tobacco-cessation coaching, more than one million tobacco users have rid their lives of cigarettes or smokeless tobacco.

Make a successful, lasting choice and get the support you deserve today! Call (866) 434-9734, or log on to www.fundoffice.org/takecharge for more details.




People in the **QUIT FOR LIFE®** program are **NINE TIMES** more likely to be successful than those who attempt to quit **ON THEIR OWN.**

Meet Mary Vazquez

Mary's job responsibilities may be behind-the-scenes, but that doesn't prevent her from standing out to everyone who knows her. As an Administrative Assistant to Sean Madix, Fund Administrator for EIT, she is an ideal helping hand. Mary is a veteran when it comes to Fund operations. In May, she had her five-year anniversary with EIT. Her responsibilities are diverse, and they range from ordering business supplies to Board meeting preparations.

But work isn't Mary's only responsibility. Mary is also in the process of getting a Masters Degree in Healthcare Administration from the University of Illinois at Chicago. She's in her third and final year of graduate school and will graduate in December.

Between work and graduate school, Mary cherishes the free time she has. She enjoys going to the movies with her husband as often as possible. They also enjoy walking on the lakefront. Their goal for the end of summer is to walk from Irving Park to Oak Street Beach and back. We wish her the best of luck in achieving this goal! 

It's Back: The Benefit Fair!

Mark your calendar for the eighth annual EIT/Local 134 Benefit Fair. The fair will take place on **Saturday, October 30** from 8 a.m. to 2 p.m. at the Local 134 Union Hall at 600 W. Washington Blvd.

The fair is the perfect place to find health information and learn about your benefits. You'll have the opportunity to ask questions to EIT and Local 134 staff. Look for more information about the fair in the fall *Conduit* newsletter!

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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