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EMPLOYER TRUSTEES:

William T. Divane Jr.
Kenneth Bauwens
I. Steven Diamond
Kevin O'Shea
Michael R. Walsdorf

UNION TRUSTEES:

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MANAGING EDITORS:

Sean Madix
Tracy Sohst


EDITORIAL COMMITTEE:

Kevin Connolly
I. Steven Diamond
Kevin O'Shea
Natalie Cozzi

FUND OFFICE:

 **Hours:** 8:30 a.m. to 4:30 p.m.

 **Phone:** (312) 782-5442

 **Fax:** (312) 782-4431
SUB Fax: (312) 782-7240

 **Website:** www.fundoffice.org

 **Published by:** EIT

Stay Healthy This Summer!

No matter where you plan to kick back this summer — at the pool, a baseball game or in your own backyard — keep these tips in mind to make it a healthy summer for you and your loved ones.



Stay safe in the sun. Protecting your skin against the sun not only helps prevent a painful sunburn, but it also helps lower your risk for skin cancer. Make sure you and your family use sunscreen whenever you're outdoors, and be sure to reapply every few hours or after swimming or sweating. The American Academy of Dermatology recommends using a water resistant sunscreen with broad spectrum protection (which protects against UVA and UVB rays) and an SPF of 30 or higher.



Eat healthy. Take advantage of all the fruits and vegetables that are in season this summer. Check out your grocer's produce section, visit a local farmer's market or start a garden and grow your own!



Beware of bugs. You're not the only one who enjoys the warm weather — so do ticks and mosquitoes. If you're going to be outside, especially if you're in a wooded area, use an insect repellent to keep bugs away.



Stay hydrated. Drinking plenty of water can help prevent heat exhaustion or heat stroke. Make sure you and your family stay hydrated, especially during outdoor activities or on days that are particularly hot or humid.



Wear a helmet. Biking is a great way to get active during the summer, but make sure you protect yourself by always wearing a helmet and insist your family do the same.

Sources: American Cancer Society, American Academy of Dermatology, WebMD and the Centers for Disease Control and Prevention

Test Your Sun Safety IQ

Put your sun safety knowledge to the test! Check the box next to the answers you think are correct, and then check your answers at the bottom of the page.

1. When is your skin most at risk of damage from direct sunlight?

- A. Between noon and 2 p.m.
- B. Between noon and 5 p.m.
- C. Between 10 a.m. and noon
- D. Between 10 a.m. and 4 p.m.

2. True or False: You don't need to wear sunscreen when it's cloudy outside.

- A. True
- B. False

3. When shopping for sunscreen, what is the minimum SPF you should buy?

- A. 5
- B. 15
- C. 30
- D. 45

4. True or False: Using a tanning bed can expose you to both UVA and UVB rays that can damage your skin.

- A. True
- B. False

Sources: American Cancer Society and American Academy of Dermatology



INTRODUCING TEXT2QUITSM

You can now get valuable support on your journey to quit right on your mobile phone. The Quit For Life[®] program now offers Text2Quit, which can help you set a quit date, manage your urges and track your progress. Text2Quit also sends tailored text messages when you need them, and keeps your Quit Coach[®] updated on your progress. Take advantage of this new feature by enrolling in Quit For Life[®] today.

GET STARTED NOW!

Call (866) QUIT-4-LIFE or log on to www.quitnow.net/local134 for details or to enroll.



The Hidden Costs of Smoking

When you purchase a pack of cigarettes, it costs you more than what you pay at the register. Health economists from Duke University calculated the full price at **\$40 a pack** after analyzing all the hidden costs of smoking. If you smoke a pack a day, that can add up to almost \$15,000 a year!

Consider these additional costs:



HEALTH CARE

Statistics show that smokers have more medical problems and die at an earlier age than nonsmokers, leading to higher health and life insurance costs. Tobacco users also typically need more doctors' office visits and medications than the average nonsmoker.

BEAUTY/HYGIENE

Smoking can cause bad breath and yellow teeth, as well as leave an odor on your clothes and hair. The cost of whitening toothpaste, dentist visits, dry cleaning bills and breath fresheners all add up.

HOME/AUTO

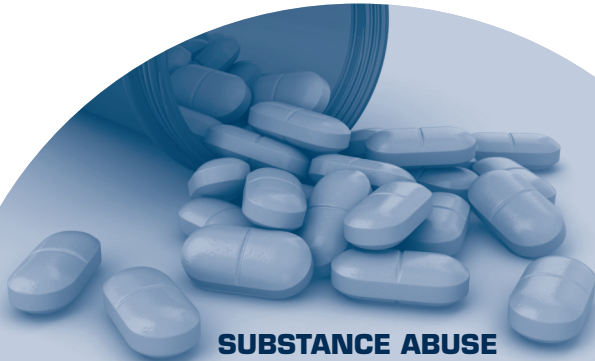
Smokers pay more to keep their homes and cars clean thanks to the lingering smell of stale smoke, which can also affect a home or car's value. Also, statistics show that smokers get into more car accidents and cause more house fires than nonsmokers, meaning smokers often pay hundreds of dollars more each year in auto and home insurance premiums.

If you're ready to quit, the Quit For Life[®] Program is here to help. Brought to you by the American Cancer Society and Alere Wellbeing, Quit For Life[®] is the nation's leading tobacco cessation program and has helped more than 1 million tobacco users. It can help you or your eligible dependent spouse permanently overcome the physical, psychological and behavioral addictions to tobacco through expert coaching and support. The program is free and confidential.

Source: Alere

Get Answers, Get Help

If you're dealing with a serious issue like substance abuse, depression or a behavioral disorder, it can feel overwhelming at times, like you're in over your head. Fortunately, you don't have to do it alone. Cigna gives you the tools to learn, decide and act, including helpful articles, interactive tools and educational seminars.



SUBSTANCE ABUSE

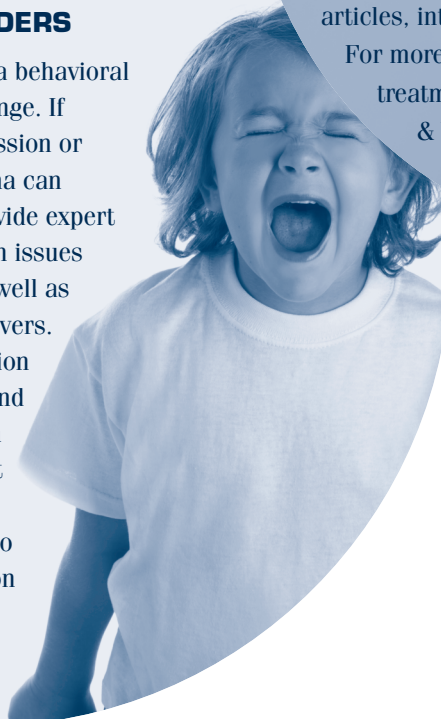
If you're struggling with drug or alcohol addiction, it doesn't just affect you — it also affects your family. Likewise, if you have a loved one who has a drug or alcohol addiction, it's important to get help. Cigna offers free seminars for anyone who wants to learn more about drug and alcohol abuse.

Each seminar is led by a substance abuse expert who will give you information that can help you or someone you love. For more information about substance abuse or to listen to recorded seminars, go to www.cigna.com and click on Behavioral Awareness Series.

BEHAVIORAL DISORDERS

Caring for a child or loved one with a behavioral disorder can make most days a challenge. If someone you know is affected by depression or a mood, anxiety or bipolar disorder, Cigna can help. Cigna offers free seminars that provide expert information to help you deal with common issues in children with behavioral disorders, as well as coping techniques and support for caregivers.

Upcoming seminars include "De-escalation and Communication" and "Motivating and Engaging Children with Mental Health Issues." For more information about behavioral disorders or to sign up for upcoming seminars, go to www.cigna.com and click on Behavioral Awareness Series.

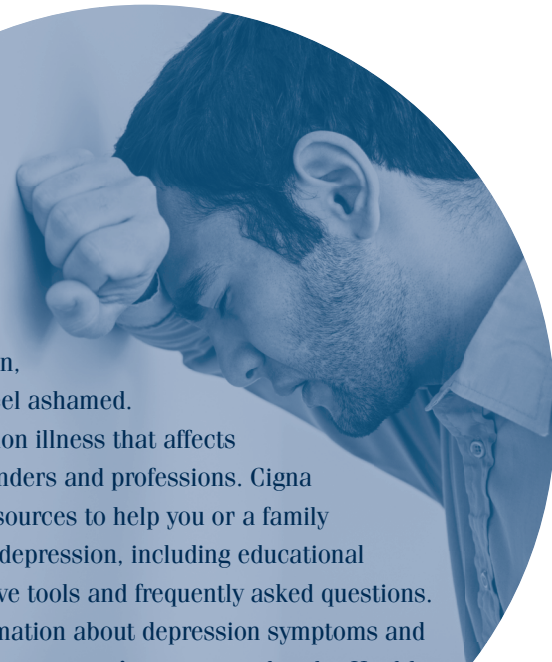


DEPRESSION

If you or a loved one suffer from depression, there's no reason to feel ashamed.

Depression is a common illness that affects people of all ages, genders and professions. Cigna offers a variety of resources to help you or a family member cope with depression, including educational articles, interactive tools and frequently asked questions.

For more information about depression symptoms and treatment, go to www.cigna.com and under Health & Wellness, click on Wellness and Medical Topics and then Depression.



! GET MORE!

Is there another topic you're interested in learning about? Visit www.cigna.com and click on Health & Wellness to find articles on hundreds of health topics, information on medical tests, medications and support groups to help you cope and much more.



221 North LaSalle Street
Suite 200
Chicago, Illinois 60601-1214

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Goodbye and Good Luck!

In the words of Jimmy Buffett...

“Changes in
LATITUDES,
Changes in ATTITUDES,
nothing remains quite the same.”

After almost six years at EIT, Linda Cardone, Director of Participant Services, is retiring. Linda's next adventure will take her south to bluegrass country — she and her husband, Joe, are moving to Kentucky. As former Floridians, Linda and Joe plan to spend a lot of time on their boat, the Second Wind, exploring Kentucky Lake and other connecting waterways.

Following Linda's departure, Tracy Sohst will transition into the position of Director of Participant Services. Tracy has worked closely with Linda and staff to ensure a transparent experience for all participants.

Please join us in thanking Linda for her years of dedicated service, as well as congratulating her on her retirement!