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Join Us for the 13th Annual Benefit Fair

Mark your calendar for the 13th Annual Benefit Fair, hosted by EIT and Local 134 on Saturday, October 24. This annual event offers a number of complimentary services and health information to all covered participants (active and retired) and their covered spouses.

Don't miss this once-a-year opportunity to take advantage of the following health services — absolutely free!



BIOMETRIC SCREENING

This 15-minute screening provides a snapshot of your overall health, including your blood pressure, cholesterol, blood sugar and body mass index (BMI). When you review your results with your screening professional, you can identify any problem areas, which can help you prevent serious health problems before they start. Male participants can also receive a prostate screening.



FLU SHOT

Flu season typically begins in the fall and peaks in January or February. Be prepared by getting your flu shot at the Benefit Fair. A flu shot is especially important for people who are at high risk of flu complications, including pregnant women and older adults. **Please note:** We do not offer flu shots to children of covered participants.

Source: www.flu.gov



PNEUMONIA VACCINE

The pneumonia vaccine protects you from serious infections in the blood, brain and upper respiratory tract. Consider getting this free vaccine if you are:

- Age 19 to 64 with a medical condition such as: kidney disease, asthma, chronic heart or lung disease, asplenia — a condition that weakens the immune system — or you are a tobacco smoker; or
- Age 65 or older and it has been five years since your previous pneumonia vaccine.

Source: Centers for Disease Control and Prevention (CDC)



TETANUS SHOT

Tetanus, or lockjaw, is a serious infection that affects the brain and nervous system. The bacteria that cause tetanus can be found in soil, manure or dust. Thanks to the tetanus vaccine, this painful infection is now preventable. You should consider getting the shot if:

- You did not receive a primary series of tetanus shots as a child,
- You have not had a tetanus booster in the last 10 years, or
- You have recently recovered from tetanus.

Source: WebMD


IMPORTANT!

Complimentary flu shots, tetanus shots and/or pneumonia vaccines are offered to **covered participants (active and retired) and their covered spouses** on a first-come, first-served basis. To receive these Plan-covered services at no cost, you must present your Blue Cross Blue Shield of Illinois ID card and a current ID that provides your date of birth. Remember, shots and vaccines are limited, so arrive early!

Have Questions About Your Benefits?

During the Annual Benefit Fair, you have the opportunity to speak to your benefit providers, face-to-face. You can talk to representatives from:

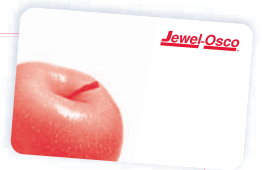
- Blue Cross Blue Shield of Illinois
- CIGNA Behavioral Health
- CVS/Caremark
- Mercer
- VSP

EIT and Local 134 staff will also be available to help answer any questions you may have. 



WIN A GIFT CARD!

You could win one of five \$25 Jewel gift cards! To enter the drawings, be sure to get your ticket when you sign in at the Welcome Desk. Random drawings will be held each hour beginning at 9 a.m. You must be present to win.



WOMEN'S HEALTH BENEFIT NOTICE

Each year, we are required to notify our participants that certain mastectomy procedures are covered by the EIT Health & Welfare Plans.

These services include:

- All stages of reconstruction of the breast on which the mastectomy has been performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance; and
- Prosthesis and treatment of physical complications in all stages of the mastectomy, including lymphedemas.

These benefits will be provided subject to the same deductibles and coinsurance applicable to other medical and surgical benefits provided under the Plans. If you would like more information, please contact the Fund Office at **(312) 782-5442**.

NOTICE OF CREDITABLE COVERAGE

If you are a Medicare-eligible participant of either the Construction or Administrative Health & Welfare Plan, you will receive a Notice of Creditable Coverage from EIT in October. This notice confirms that your prescription drug coverage is expected to pay, on average, as much as the standard Medicare Part D prescription drug coverage. Please keep this notice for your records — you may need it if you decide to join a Medicare drug plan.

Your Notice of Creditable Coverage will be mailed to your home address on file. If you think any of your information on file with the Fund Office is outdated or incorrect, please visit www.fundoffice.org and log in to update your account, or call the Fund Office at **(312) 782-5442**.

Take Advantage of the Member Assistance Program

The Member Assistance Program (MAP) provides covered participants and their eligible dependents with professional, confidential help dealing with many of life's issues. The program, which is administered by Cigna, can help guide and support you through:

- Financial or legal difficulties
- Depression, bipolar disorder and other mental health concerns
- Addiction and recovery
- Managing stress
- Grief and loss
- Autism Spectrum disorder
- Eating disorders

MAP services are provided to you at no charge as part of your EIT benefits.

MAP counselors are just a phone call away, whenever needed—24/7. An advocate is ready to help assess your needs and develop a solution to help resolve your concerns. Advocates can also refer you to an array of resources in your community, as well as online tools, including an article library. The issues you bring to a MAP professional are held in the strictest of confidence.

For more information and a complete list of MAP services, visit www.cignabehavioral.com and click “Members” on the top left navigation bar, or call **(888) 218-7210**.

If you are a participant who is no longer covered by an EIT plan but are experiencing a crisis, please call a Crisis Clinician at **(888) 218-7210** for a referral to a low- or no-cost provider. Calls and discussions with a Crisis Clinician representative are strictly confidential.

You're Not Alone

40

ANXIETY DISORDERS

are the most common mental health illness in the U.S. today — affecting 40 million adults age 18 and older, or an estimated 18% of the population.

14.8

DEPRESSION,

characterized by feelings of discouragement, hopelessness and disinterest in life that last for 14 days or longer, is reported by approximately 14.8 million Americans.

10


SUICIDE,

which is often preceded by an episode of depression, is the 10th leading cause of death in the U.S. In fact, after cancer and heart disease, suicide accounts for more years of life lost than any other cause of death. But it can be prevented.

25

SUBSTANCE ABUSE

affects an estimated 25 million Americans directly. However, when including people who are affected indirectly by substance abuse — such as family members of a user and those injured (or worse) by individuals under the influence of a controlled substance — the number rises to 40 million.

▶ If you are experiencing a period of personal crisis, or know someone who is, it's important to know **that you are not alone and that help is available.** You should speak to your doctor, or contact a Member Assistance Program counselor or a Crisis Clinician. 

Source: American Foundation for Suicide Prevention, Anxiety and Depression Association of America, Centers for Disease Control and Prevention, Mental Health America, National Institute of Mental Health



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Plugged In Meet Sean Madix

Sean Madix, Executive Director of EIT's Benefit Funds, has been a member of the EIT family for nearly 20 years. Born and raised in downstate Illinois, Sean moved to the Chicago area in the mid-1980s and joined the board in 1996.

Over the years, Sean has learned the importance of considering all possible scenarios when faced with change. "When managing change, plan as carefully as possible and prepare for the worst outcome — which in turn prepares you for any outcome!" This mindset has helped him manage some of EIT's biggest regulatory changes in decades, including the Affordable Care Act and HIPAA legislation, which he counts among his biggest accomplishments.

In his spare time, Sean plays golf and enjoys cycling and skiing. 

