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Come Join Us – September 30th

For the Last Benefit Fair at the Old Union Hall Location

Confused about your health insurance? Want to improve your health? Not sure what benefits are available to you or how to make the most of them? Visit the 15th Annual Benefit Fair, where you can ask questions in person, discover how your benefits can work for you, and learn about other benefits you might not know about. This is **your** chance to get benefits-savvy. You won't want to miss it.

**No Advance
Reservation
Necessary**

SAVE THE DATE! ANNUAL BENEFIT FAIR

Saturday, September 30, 2017

8 a.m. to 2 p.m.

Local 134 Union Hall, 600 W. Washington Blvd., hosted by the EIT Benefit Funds and Local 134



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SUB Fax: (312) 782-7240

 **Website:** www.fundoffice.org

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Chat about your benefits

Representatives from these organizations will be available to share information about their services and answer your questions:

- BlueCross BlueShield of Illinois (BCBSIL)
- Employee Resource Systems (ERS)
- CVS/Caremark
- Megent Retirement Consultants
- John Hancock
- Great Lakes Credit Union
- Vision Service Providers (VSP)

Plus, you can speak with an EIT representative to answer any questions about your Pension Plan, SUB Plan, Medical Plan and any Health and Welfare eligibility issues.

Protect yourself with screenings and vaccines

Want to stay healthy this year and help prevent serious health problems before they start? Take advantage of the convenient same-day onsite biometric screenings, flu shots and vaccinations. *These services are available to all Covered Participants (Active and Retired) and their covered spouses only. You must present your BlueCross ID and a photo ID with your date of birth to receive any of these services.*



Complete your biometric screening. This 15-minute **free** screening provides you with a snapshot of your overall health and may help you prevent serious health problems before they start. A screening professional will review your results with you and help you identify problem areas that could put you at risk for certain diseases and health conditions.



Get your free flu shot and other vaccinations. Avoid catching the flu by getting your **free** flu shot. In addition to the standard dosage flu shot offered to all participants, we're offering a high-dose version for participants age 65 and older. Pneumonia and Tetanus shots also will be available.

We are unable to offer shots to children of covered participants.

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Can't make it to the Benefit Fair?

You can receive a complimentary flu shot at a participating CVS pharmacy—now through April 30, 2018. To find a location near you, contact CVS/Caremark's customer service at **(800) 566-5693** or access your online account at **www.caremark.com** and use the Pharmacy Locator. Participating pharmacies will be identified by a "syringe" icon. Be sure to bring a valid photo ID and your prescription card.

All shots and vaccinations are limited, so please arrive at the Benefit Fair early to take advantage of this service!

There's plenty to explore at the Benefit Fair

- Win prizes
- Get a free chair massage
- Save someone's life — make a blood donation with LifeSource
- Renew your license/ state ID card or license plate stickers with the IL Secretary of State
- Get your LMCC Certificate Card
- Purchase Local 134 merchandise

SIGN IN TO WIN!

Receive your ticket for the random drawing when you sign in at the Welcome Desk, and you could be one of five lucky winners of a \$25 Jewel-Osco gift card! We'll draw one name randomly each hour beginning at 9 a.m. You must be present to win.



Hidden Ways to Save Money and Make the Most of Your Benefits

Looking for more ways to save money and make the most of your benefits? Take advantage of the perks of the Health and Welfare Plan by following the tips below.

Get your free screenings through your medical provider

Practicing good preventive care helps you and your family stay healthy by catching problems early—when they're most treatable—or by preventing them before they start. Preventive care also helps protect your financial health by avoiding expensive medical treatments in the future. In addition to your biometric screening, you are also offered the following screenings through your medical provider **at no cost** to you:

SCREENING	RECOMMENDED AGE	SCREENING	RECOMMENDED AGE
Cervical cancer	21-64	Cholesterol	35+
Mammogram	50-74	Colon cancer	50-75
Cholesterol	45+		
Colon cancer	50-75		

Compare where to get care

Knowing where to go for care based on the care you need can make a big difference in cost and time.

	AVERAGE COST	AVERAGE WAIT TIME	EXAMPLES OF TREATMENTS
Retail Health Clinic What's this? Retail Health Clinics are convenient, low-cost care clinics in stores and pharmacies. 93.6% of EIT members live within five miles of a retail health clinic, such as CVS Minute Clinics, Walgreens Healthcare Clinics, etc.	\$26	15 minutes	<ul style="list-style-type: none"> ■ Infections ■ Minor injuries or pain ■ Skin problems ■ Cold and flu ■ Sore and strep throat ■ Allergies
Urgent Care Clinic	\$114	11-20 minutes	<ul style="list-style-type: none"> ■ Migraine or headache ■ Abdominal pain ■ Urinary tract infection ■ Animal bites ■ Back pain ■ Cuts that need stitches ■ Sprains or strains
Doctor's Office	\$125	24 minutes	<ul style="list-style-type: none"> ■ Fever, colds and flu ■ Minor burns ■ Ear or sinus pain ■ Sore throat ■ Stomachache ■ Physicals ■ Allergic reactions
Hospital Emergency Room	\$1,145	4 hours, 7 minutes	<ul style="list-style-type: none"> ■ Chest pain, stroke ■ Head or neck injuries ■ Problem breathing ■ Seizures ■ Sudden or severe pain ■ Uncontrollable bleeding ■ Broken bones

! A visit to the emergency room costs **44 TIMES** more than a visit to a retail health clinic! While cost is a major consideration, you should choose where to go based on your medical needs.

Use smart tools

Through Blue Access for Members™ (BAM), BlueCross BlueShield's secure member website, you can access health plan information, resources and tools. Get smart about your benefits:

- Review benefits, account balances, claims status and more.
- Order a replacement ID card or print a temporary card.
- View and print an Explanation of Benefits (EOB) for a claim.
- Search for and compare in-network doctors and hospitals using Provider Finder®.

Sign up today: <https://www.bcbsil.com/member/register>.

Discounts at your fingertips

Available to all employees, the Blue 365 Discount Program provides discounts on products and services for a well-balanced lifestyle **at no cost to you**. Use the Blue 365 Discount Program for savings on:

- Gym memberships
- Weight loss programs
- Fitness gear and apparel
- Family activities
- Dental, vision and hearing
- Healthy eating options products and services

Stay tuned for Blue 365 Deals, which offer savings on products like heart rate monitors, fitness trackers, exercise equipment, cooking classes and more.

Learn more: <https://www.blue365deals.com>.

Stay connected, wherever you are!

Yes, there's an app for that! Whatever your healthcare needs are and wherever life takes you, here are some apps to help guide you in the right direction.



Understand your benefits, including coverage, deductible information, claims and ID card access with the **BCBSIL App**.



Practice Relaxation and Mindful Meditation Techniques with the **Centered App**.



Get wellness at your fingertips through tracking your fitness activity, calling health coaches, and taking a health assessment with the **AlwaysOn App**.



Keep track of your family's health needs on-the-go with the **Healthy Family App**.



Download these apps at no cost from the Google Play Store or Apple App Store.



Share Your Feedback:

Suicide Prevention Survey

Did you know the construction and extraction industries have the second-highest rate of suicide—with as many as 53.3 suicides per 100,000 workers last year? Now through November 1st, the Department of Psychology at Florida State University is conducting a study to better understand this high suicide rate, and they need your help to explore and better understand mental health experiences among individuals working in these industries. Your participation in the study is voluntary. If you decide to participate in the study and choose to provide your email address, you will be entered into a raffle to receive one of fifteen \$20 Amazon gift cards as compensation for full participation in the study. You can participate in the study by completing a 15-20 minute survey, which can be found at <http://bit.ly/2vg47xh>. The information you provide could greatly help others in our industry.

* **Source:** U.S. Centers for Disease Control and Prevention (CDC)

NEED SOMEONE TO TALK TO?

EIT's Member Assistance Program (MAP) can help. MAP provides covered participants and their eligible dependents with free, professional and confidential help in coping with many of life's issues, including depression, stress management, addiction and recovery, grief and loss, and work-life services, such as child and elder care and legal and financial guidance. For more information, contact EIT's MAP provider, ERS at **(800) 292-2780** or www.ers-eap.com.



WOMEN'S HEALTH BENEFIT NOTICE

Each year, the EIT Health and Welfare Plans are required by federal law to notify participants that certain mastectomy procedures are covered by the Plans. These procedures 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;
- Prostheses; and
- Treatment of physical complications of all stages of mastectomy, including lymphedemas.



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MARK YOUR CALENDARS!

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Plugged In

Meet Dan Sheffield

As many of our participants already know, there is a wealth of information and resources on the EIT Benefit Funds website—www.fundoffice.org—so keeping our site up and running is a top priority. Thankfully, we can rely on Dan Sheffield, EIT's IT Director, to ensure the website is up-to-date. The EIT website is just a small part of Dan's job. He also is responsible for making sure that all system and technology related functions are operating smoothly, which can be challenging in this ever-evolving world of technology. Dan came to EIT in November of 2014. Born in sunny San Diego, he's lived in the Midwest for the past 40 years—26 of those years being in Chicago. Dan and his wife recently became empty nesters when they sent their daughter to college last fall. When he's not busy keeping our technology running smoothly, Dan enjoys home renovations, cycling and volunteering at schools in his community.



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**.