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WISCONSIN PIPE TRADES HEALTH FUND

Benefit Bulletin - May 2019

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WELLNESS PROGRAM—CHANGE IN COACHING PROVIDER

Important Reminder: Effective July 1, 2019, the Trustees approved a change in “coaching” service provider from Optum to Case Management Specialists, Inc. (CMS). CMS is located in Hartland, WI, and regularly works with multiemployer plans and their participants. CMS partners with Healics in offering wellness services. Healics’ organization will retain all biometric results, provide you with a personalized Health Report giving a statistical analysis of your total health, and offer secure online account access to view your Health Record.

Participants who do not pass their Biometric Screening in Wellness Year 4 (July 1, 2019 - June 30, 2020) **will be contacted** by CMS to complete their coaching session(s). Please watch for the next issue of your Benefit Bulletin for more information on this coaching change.

WELLNESS YEAR 3 COACHING (JULY 1, 2018 – JUNE 30, 2019) \$225 INCENTIVE

If you meet all the acceptable ranges, you will receive a \$225 gift card.

If you do not meet the acceptable ranges, you will receive a \$150 gift card. If you choose to do the Wellness Coaching, you will earn an additional \$75 incentive.

Please keep in mind that if you and/or your spouse choose **NOT** to participate in the program by having a screening and/or participating in coaching sessions (if required), you will each have \$50 deducted monthly from your Member Dollar Bank or be required to make a \$50 self-payment monthly to continue your eligibility, effective January 1, 2020. **The \$50 monthly increase will last the entire calendar year. This results in a \$600 assessment for each of you.**



(continued on next page)

..... **IMPORTANT REMINDERS**

Please remember to check your provider’s network status to confirm if they are in-network *before* you have any inpatient services.

The Health Fund no longer provides any coverage for inpatient out-of-network services unless the services are for an emergency.

THIS BENEFIT BULLETIN CONTAINS IMPORTANT INFORMATION ABOUT YOUR PLAN. KEEP IT WITH YOUR SUMMARY PLAN DESCRIPTION (SPD) FOR FUTURE REFERENCE.

PLEASE NOTE: OUR GOAL IS TO PROVIDE YOU WITH GENERAL HEALTH INFORMATION, NOT MEDICAL GUIDANCE. YOU SHOULD CONTACT YOUR PHYSICIAN IF YOU HAVE SPECIFIC MEDICAL QUESTIONS OR CONCERNS.

Fund’s Website

Information readily available to you online includes forms (such as enrollment, beneficiary and dollar bank reimbursement); SPD; and Benefit Bulletins. Go to: www.bpalja.com and click on “Client Access.” The login ID is: WPT and the password is: steamwpt.

How to enroll in Wellness Coaching:

- You initiate the call to UHC/Optum for coaching. However, prior to contacting the coaching staff, please allow enough time for your data to be uploaded to UHC's system. **Allow at least until the following mid-month after your screening. For example**, your biometric screening was in March; call any time after April 15th. If for any reason the coach is unable to locate you in their system at the time of your initial call, please give it a few more days.
- Wellness Coaching contact number: 1-800-478-1057.
- Typically, you will have three coaching sessions all with the same coach.
- Coaching sessions are two weeks apart, process takes six weeks. **Please plan well ahead of the end of the Wellness Year to begin your coaching. Must begin coaching no later than July 30, 2019 to complete coaching by September 30, 2019.**
- Your coach will set up a specific day and time of the week that fits your schedule and they will contact you for your next sessions. Please mark your calendar for when your coach is to next call you. If for any reason, you do not hear from your coach, call 1-800-478-1057. If you are experiencing difficulty with the contact, then call the Fund Office.
- Once you have completed your coaching, please allow six to eight weeks to receive the additional \$75 incentive check. The check will be mailed to you in a BPA envelope.

Acceptable Ranges

Body mass index (BMI) ≤ 27.5kg/m²
 Total cholesterol < 200mg/dL
 Blood pressure ≤ 140/90mmHg
 Non-fasting glucose ≤ 200mg/dL

If you fail the BMI target, you now have the option to substitute your body fat measurement instead. The following shows the normal recommended body fat percentages by gender. You must fall within the applicable range to satisfy the marker.

| Males | Females |
|-------|---------|
| 24.9 | 35.9 |

If you fail the Total Cholesterol target, you now have the option to substitute your Total Cholesterol: HDL Ratio. The following chart shows the recommended Total Cholesterol: HDL Ratio by gender.

| | Males | Females |
|--------------|-------|---------|
| Average Risk | 5.0 | 4.4 |



AURORA EMPLOYEE ASSISTANCE PROGRAM (EAP)

Have you ever felt like you have nowhere to turn when faced with personal difficulties and stress in your life? **You need to know** you have a great program to turn to. The Aurora EAP is a free benefit for you and your family. Aurora EAP has been serving employees and their families for over 30 years!

EAP counselors offer free, confidential assistance either on the phone or in-person. Counselors offer consultation, assistance, and, if needed, a referral for a wide variety of problems which may include, but aren't limited to:

- ⇒ Stress and changes in your life;
- ⇒ Relationship problems;
- ⇒ Parenting issues;
- ⇒ Alcohol and drug problems; and
- ⇒ Grief and loss.



There are also additional Work-Life services offered to help you manage demands between work and home, such as:

- ◆ Child care information and resources, including summer care and sick care;
- ◆ Adoption resources;
- ◆ Grades K-12 and higher education information; and
- ◆ Eldercare resources.

If you think you need help with a problem or simply have a question, call the Aurora EAP at: 1-800-236-3231.

For more information on Aurora EAP, please see your Summary Plan Description and review the enclosed Aurora EAP brochure.

CareATC - NO-COST SHINGLES VACCINE

If you may be at risk for developing shingles, we want to remind you that the clinic is offering no-cost vaccinations for shingles (SHINGRIX) and TDaP.

Mobile physician visits (Telemedicine) are also available through CareATC's partnership with Doctor On Demand. Through this service, you can consult with a doctor 24 hours a day, 7 days per week. All you need for your visit is an internet connection and either a laptop or a mobile device. **Please see the enclosed insert on how to access Doctor On Demand.**

Wisconsin Pipe Trades Health Fund's CareATC Clinic is conveniently located at:

4600 West Loomis Road, Suite 200, Milwaukee, WI 53220, Telephone: 1-800-993-8244

CLINIC HOURS

| | |
|----------------------------------|-------------------------------|
| Monday through Wednesday* | 9:30 a.m. - 6:30 p.m. |
| Thursday | 7:00 a.m. - 4:00 p.m. |
| Friday | 9:30 a.m. - 6:30 p.m. |
| Last Saturday of Month | 7:00 a.m. - 11:00 a.m. |



*Wednesday hours preceding the last Saturday of the month: 9:30 a.m. - 1:00 p.m.