

Have you qualified for the \$400 Wellness Incentive for 2019?

While the Biggest Loser is long over, and the Steps Challenge ends at the end of the month, there are still several ways to qualify for the \$100 per quarter Wellness Incentive before the end of the year. Remember that you must qualify in 2018 to receive these credits against your self-pay premiums starting with the quarter that begins January 1, 2019. Of the 5 original "Move IT or Lose IT" options you still have several options available:

Food Logging — Studies have shown that keeping a food log can DOUBLE a person's weight loss! Much like tracking your spending against a financial budget, keeping tabs on what you eat can help you make better decisions about what you can "afford" to eat. To qualify for this challenge, participants will need to log their meals for 30 days using a food app like MyFitnessPal, or by using a paper and pencil form. If you have any questions, please call **Mary Kelly at (212)247-5545**.

Fitness Membership and Activities — If you are already engaging in some sort of fitness program, you can qualify for the Wellness Incentive just by providing proof of your Membership or completion of the approved activity. These can include Gym or Yoga memberships, or participation in organized fitness programs or events. If you have any questions about whether your membership or activity will qualify, please call the **Fund Office at (212)247-5225** or write to **Wellness@FundOneIATSE.com**.

NEW WAY TO QUALIFY!

IN ADDITION, we are offering one additional way to qualify in 2018 by participating in a **Respiratory Screening** event which will be held at the **October & November Membership meetings**. It is a very quick and easy test to measure your lung capacity and it is used to screen for respiratory issues like asthma and other forms of COPD. If you won't be attending either of those meetings, you may also visit the Wellness Center on the 6th Floor of the Union building and Mary Kelly will screen you at your convenience. Please give her a call before coming in so that we can make sure she is available when you drop by.

If you have any questions, please call **Mary Kelly at (212)247-5545** or write to **Wellness@FundOneIATSE.com**.

Have you paid your Self-Pay Premium that was due on October 1st?

If you fail to make your Self-Pay Premium payment by October 31st, your health insurance coverage will be **terminated** effective back to 9/30/18, and you will not be able to get coverage from the Welfare Fund until the next Plan year starting 7/01/19. Please make your payment today!

Have you Moved? Changed your Phone or Email?

People also lose their Welfare Fund provided health insurance when they forget to update their mailing address and phone number with the Fund Office. The fact that you didn't receive the invoice and reminders because you didn't update your contact information *is not* an acceptable excuse. As a participant in the Fund, **you have an obligation to keep your contact information up to date at all times**, both here at the Fund Office, and also at the Union. Call the Fund Office at **(212)247-5225**.