



# Benefit News



## HEALTHY LIFESTYLE

## Announcing the new Wellness Incentive requirements for 2020 . . .

If you have any questions regarding your Welfare, Pension or Annuity benefits, please let us know!

### How you can reach us:

#### •VISIT our Web Site:

[www.FundOneIATSE.com](http://www.FundOneIATSE.com)

#### •COME UP to the Fund Office:

320 West 46th Street, 6th Fl.,  
between 8th and 9th avenues

#### •CALL us at : (212)247-5225

FAX us at: (212)977-9319

#### EMAIL us:

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We look forward to hearing from you!

When we complain about out-of-control healthcare costs, we tend to blame our medical providers and insurers. But the truth is that we, as healthcare consumers, are also responsible for this ongoing crisis due to our poor lifestyle choices — which are in turn responsible for about 25% of healthcare costs. Those lifestyle choices have resulted in an obesity epidemic which is making us increasingly less healthy, and making our medical care more and more expensive. Just take a look at the chart on the inside pages which shows the growth in obesity over the last 20 years. The increase in the number of people in this country with weight problems is amazing, and the fact that it just continues to climb is truly alarming.

Americans are fat and getting fatter, and the fatter we get, the more likely it is that we will end up with diabetes, coronary disease, high blood pressure, all of which then will lead to further medical complications down the road. These medical problems have an enormous human cost for those affected and their families, and represent a huge financial cost for our Welfare Fund.

This year's Wellness Incentive requirement is going to once again focus on reducing obesity, and on the early detection of diabetes and hypertension. To qualify for the \$400 per year (\$100 per quarter) reduction in your self-pay premium, active participants will need to participate in one of the weight challenges or screening events described on the next page during 2020. To qualify for the incentive you only need to participate in one of the activities or events.

So here's to a new year and a new decade, and a leaner, fitter, healthier, and happier Local One!

DETAILS INSIDE! 

## 2020 Wellness Incentive Options

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### **OPTION 1: Local 1 Biggest Loser Challenge**

To qualify for the incentive, you must weigh-in during the initial and final weigh-in dates. Although the goal is to become the Biggest Loser, you don't need to lose weight to qualify for the incentive or raffle drawings.

Initial weigh-ins must take place **2/23/20-3/13/20** and final weigh-ins from **6/21/20-7/10/20**. Both initial and final weigh-ins must take place either at the February and June Membership meetings, or at the Wellness Center. Although not required, you are encouraged to regularly weigh-in during the course of the challenge at the Wellness Center, or by emailing your weight to **Wellness@fundoneiatse.com**.

Starting 3/20/20, we'll have a **raffle every 2 weeks for valuable health related prizes** provided by AETNA. Your name will be entered in each bi-weekly raffle if you weigh-in at the Wellness Center or by email during the 2 weeks prior to the raffle.

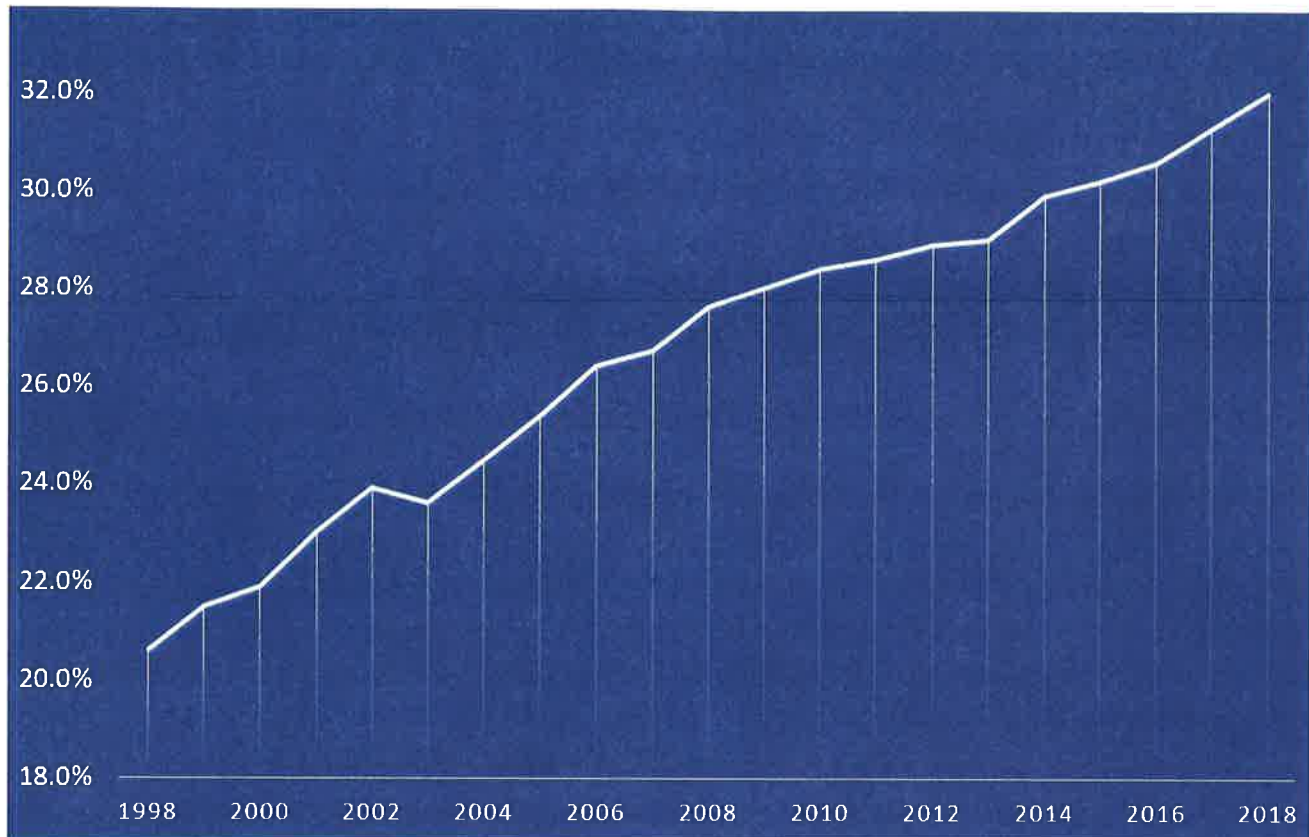
### **OPTION 2: Weight Loss—Flexible Start**

If you have trouble with the timing of the Biggest Loser Challenge, we can also set you up with an individual challenge starting at your convenience. All you need to do to qualify for the Wellness Incentive is to have an initial and final weigh-in at the Wellness Center at least 3 months apart, with 4 interim weigh-ins which can be either in person, or self-reported by email. To sign up for the flexible start weight challenge, send an email to: **Wellness@fundoneiatse.com**

### **OPTION 3: Health Screening Events**

The Friedman Center (Local One's Medical Home) will have several health screening events at membership meetings during the course of the year. Participants in the screenings will be tested for pre-diabetes and high blood pressure. A doctor from the Friedman Center will be on hand to consult with participants whose test results are out of bounds to discuss next steps. We will announce the dates for the screenings by email once finalized.

## America is Getting Fatter: Prevalence of Obesity in Adults from 1997 to 2018



### Fat Facts

- Americans eat 23 percent more calories than we did in 1970.
- More than one-third of adults in the United States are obese.
- Obesity is linked to more than 60 chronic diseases, including type 2 diabetes, heart disease, stroke, and cancer.
- Obesity costs Americans \$147 billion each year.
- About 1 in 6 children and adolescents ages 2 to 19 are obese.
- Children who are overweight or obese are five times more likely to be obese or overweight adults than children with a healthy weight.
- A healthy diet and regular physical activity can reduce or prevent obesity.

## 2020 Wellness Incentive Requirements FAQ

### What is the Wellness Incentive?

The Wellness Incentive is a \$400 per year (\$100 per quarter) reduction in your self-pay premium which you earn by completing certain health-related goals each year you are a participant in the Welfare Fund. To continue receiving the incentive starting **1/01/21**, you need to participate in one of the health challenges or events described inside the newsletter during **2020**.

### Who is eligible to participate in the WELLNESS INCENTIVE?

Any current active participant of the Welfare Fund is eligible to participate in the Wellness Incentive program.

### Who is eligible to participate in the health challenges or events?

Any participant of the Welfare Fund is eligible to participate, but only active participants are eligible for the Wellness Incentive. Spouses are encouraged and welcome to participate, but you can still qualify for the Wellness Incentive if they choose not to do a challenge or screening.

### What can I do if I should not diet and cannot participate in the health screening events?

Participants are encouraged to participate in the weight challenges safely. As with any weight loss program, there can be risks. To participate in the weight loss challenges, you will need to certify that you have no limiting physical conditions, eating disorder or disability that would prohibit you from participating. For the weight loss challenge, you are able to qualify just by monitoring and tracking your weight; there is no requirement to lose weight.

If you have any questions about your participation in a challenge, or are unable to participate in the weight challenges and screening events, please contact Local One's Healthcare Coordinator Nneka Symister at (212)247-5545 to discuss an accommodation.

**If you have any other questions, please call the Fund Office at (212)247-5225 or send an email to [Wellness@FundOneIATSE.com](mailto:Wellness@FundOneIATSE.com).**

### Have you Moved? Changed your Phone or Email?

Participants can 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**.