

Fall 2018

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
- COME UP to the Fund Office:
320 West 46th Street, 6th Floor,
between 8th and 9th avenues
- CALL us at :
(212)247-5225
or toll free at
(800)974-2873
- FAX us at: (212)977-9319
- EMAIL us:

Welfare

Gloria A. Shea, Supervisor
gashea@fundoneiatse.com

Shirley Nelson
snelson@fundoneiatse.com

Denise Carmona
dcarmona@fundoneiatse.com

Pension and Annuity

Mariann Zappalla, Supervisor
mzappalla@fundoneiatse.com

Local One Wellness Center

Mary Kelly,
Healthcare Coordinator/RN
mkelly@fundoneiatse.com

Administration

Scott Cool, Director of
Fund Administration
cool@fundoneiatse.com

Colbert Cambran
ccambran@fundoneiatse.com

Tina Tatum
ttatum@fundoneiatse.com

We look forward to hearing from you!

Benefit News



The Friedman Health Center— Local One's "Medical Home"

👉 **\$0 Co-Pay!** 👈

The Welfare Fund is partnering with The Actors Fund and Mount Sinai in an attempt to offer our participants a better healthcare experience, focused on treating you as a whole person, and actively working with you to keep you healthy instead of just treating you when you're sick. And the good news is that this new approach to healthcare **won't cost you a penny out of pocket for a primary care visit**, and is **conveniently located in the theater district!**

Starting November 1st, The Friedman Health Center for the Performing Arts will become the "Medical Home" for Local One Welfare Fund participants. A Medical Home is a health center where a team of health professionals work together to provide a new, expanded type of care to patients. Having a medical home feels like having an old-style family doctor, but with a team of professionals (including Mary Kelly, Local One's Healthcare Coordinator/RN), working together and working with YOU to provide the best possible personalized and coordinated care. And as an active member of the team, you will have a chance and the time to explain the things that are really important to you.

Welfare Fund participants with **Tier I, II or III coverage** will be able to receive primary care at the Friedman Health Center at **NO COST**. Medicare participants are of course welcome at the Friedman Health Center, but since Medicare is their primary coverage, they will still be subject to Medicare cost sharing rules for office visits.

Dr. Jason Kindt is the Medical Director of The Friedman Health Center and was hired by The Actors Fund specifically because of his family practice background. He's building a team practice which is focused on treating the whole person and recognizes that all aspects of our lives and health are interrelated. Dr. Kindt along with Mary Kelly and other representatives from The Actors Fund and Mount Sinai will attend the **Membership Meeting on Sunday, October 28**, and will be available for

... continued on Page 3

Local One Biggest Loser Winner



Congratulations to all of you who participated in Local One's Biggest Loser challenge! There were 220 Stagehands who weighed out at the end of June of which 163 lost weight totalling **2,000 POUNDS!**

That's a TON of stagehand lost. . . and a truly remarkable achievement! And for those of you with goals to maintain your already healthy weight or gain weight - WELL DONE! The "WIN" is becoming healthier, and the challenge will be different for each of us, and will continue for the rest of our lives.

Of course a Biggest Loser challenge needs a Winner, and the winner of our Local One challenge is . . .

ANDREW FORSTE!



Andrew is the Props Head over at the Stephen Sondheim Theatre and lost over **19%** of his body weight during the challenge! He says that he could not have done it without the love and support of his wife Amy and twins Teddy and Frances. He also attributes much of his success to Weight Watchers and is so excited about his results that he's hoping to create a **Local One Weight Watchers group!** Congratulations to you Andrew and family, and all of you who have made strides this year towards living a healthier lifestyle!



CONGRATULATIONS TO ALL OF YOU WORKING TO BUILD A HEALTHIER LOCAL ONE!

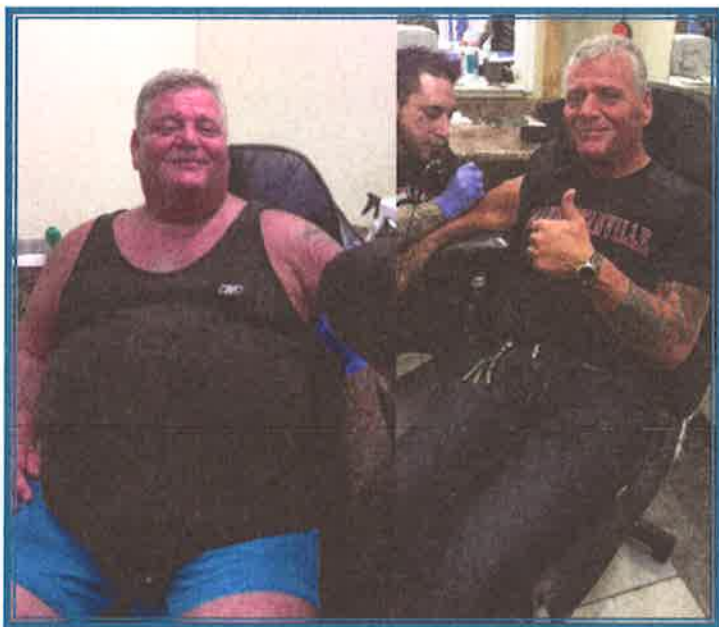
Friedman Center - Local One's Medical Home

(continued from Page 1)

any questions you may have. We hope to see you there and hope you'll stop by to meet some of the team. There will be informational materials available and **T-SHIRTS**, and we will be conducting respiratory screening tests as part of the current Wellness Incentive (please see the back page for more information).

For appointments at The Friedman Health Center, you can call **(212) 489-1939** or visit <http://mountsinai.org/Friedman> (there is a link that will allow you to make an appointment through Zocdoc). The Friedman Health Center is conveniently located at 729 Seventh Avenue, 12th Floor (between 48th and 49th). Remember that this program begins on **November 1st**. If you have any questions, you can also call Mary Kelly at (212) 247-5545.

MORE Local One Loser Winners!



Congratulations to Joe Maher on this remarkable Before & After! Joe is happy to talk to anyone about dealing with weight issues. He remarks "It isn't easy, but it CAN be done!" What an amazing transformation!



Peter DiMolfetta has lost 57 pounds! He tells us that he's changed his diet and is more active, and just feels GREAT! Congratulations Peter on the courage and strength it took to change your life. You are an inspiration to all of us!

Please send us your Before/After pics to show us how it's done! Email Wellness@FundOneIATSE.com

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**.