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

#### How you can reach us:

- VISIT our new Web Site:  
[www.FundOneIATSE.com](http://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](mailto:gashea@fundoneiatse.com)

Shirley Nelson  
[snelson@fundoneiatse.com](mailto:snelson@fundoneiatse.com)

Denise Carmona  
[dcarmona@fundoneiatse.com](mailto:dcarmona@fundoneiatse.com)

#### Pension and Annuity

Mariann Zappalla, Supervisor  
[mzappalla@fundoneiatse.com](mailto:mzappalla@fundoneiatse.com)

#### Administration

Scott Cool, Director of  
Fund Administration  
[cool@fundoneiatse.com](mailto:cool@fundoneiatse.com)

Kwany Chan  
[kchan@fundoneiatse.com](mailto:kchan@fundoneiatse.com)

Tina Tatum  
[ttatum@fundoneiatse.com](mailto:ttatum@fundoneiatse.com)

We look forward to hearing from you!

# Benefit News and Tips



## Age 50+ Participants Not Receiving Important Test

While Colorectal cancer is the **2ND** leading killer in the United States, studies have shown that if every-one age 50 or older had an annual screening test, 60% or more of these deaths could be avoided.

But that's not what's happening here at the Welfare Fund. We did some checking, and our participants aren't doing very well when it comes to getting that regular screening that's going to help them dodge this particular bullet.

Of the **1,200** or so Welfare Plan participants over age 50, only **41** of you had a screening done last year. That's only **3%** of you!

This is something we need to fix, and that can be

fixed easily . . . for your sake, for the sake of your family, and the health of the Welfare Fund.

So this is what we are going to do. In April, we are going to have CIGNA send a form letter to all of you over age 50 asking you if you would like to receive a test kit. You should check "**YES**" and mail it back to CIGNA, postage paid. CIGNA will then send you a test kit for you to use in the privacy of your home, and which you will then mail postage paid to Quest Diagnostics, a medical testing lab. The test will be FREE – you aren't even going to pony up the cost of a stamp!

The reason that this test is important is that it checks

to see if there is any hidden blood in the stool, which may be an indicator that you have polyps in the colon or rectum. Over time, some polyps can turn into cancer. The screening test can find polyps so that they can be removed before they turn into cancer. The screening test can also find colorectal cancer early, when the chance of being cured is still good.

So please keep an eye out for the letter from CIGNA next month, and request your testing kit. It's easy, it's free, and it could save your life.



### Self-Pay Premiums Due APRIL 1st!

Self-pay premium payments received after **April 1st** will be subject to a **\$25 late fee**.

If your payment is not received by **April 30th** your coverage will be terminated.

**Don't play deadline-chicken with your health benefits.**

**Please pay your premium on time.**

## Confessions of a Fund Manager

My name is Scott Cool and for those of you that I haven't yet met, I am your Fund Manager. I've been doing this job now just over two years, and I have a terrible confession.

Shortly after I started, we kicked out the first of these newsletters. The first issue had an article

titled "Everybody Loves a Quitter", which talked about the benefits of quitting smoking, and listed resources to help smokers kick the disgusting habit that made them "smell like ashtrays" and was slowly and steadily killing them.

The problem was that I

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## Confessions

(continued)

was a smoker myself, addicted to my little cancer sticks, and trying to hide it from friends and family with mints, wet-naps and Old Spice. HYPOCRITE you say! And you would be right . . . but hypocrite no more. It took 6 months after writing that piece to completely kick the habit, but I've been smoke free now for almost 18 months.

But that was only part of my problems. I was a mess. I was 20 lbs overweight, my cholesterol was sky high, I hadn't seen a doctor in over 5 years, I smoked, I couldn't sleep, my eye twitched . . . and all those things were making me very unhappy. I knew that the Fund Office needed to be an advocate for healthier living, and I was frankly embarrassed. So I dumped the habit, started getting some exercise, lost the weight, got a medical checkup . . . and at some point, miraculously, the eye stopped

twitching. Now I feel better. I think clearer. And I'm so much happier.

And you could be too. It's about priorities, and while it's really easy to let work and life's other obligations keep us from finding the time to take care of ourselves, there are few things more important than your health. (I didn't appreciate that at age 30, but I certainly do at 50!) And taking care of yourself isn't an act of selfishness. How will we be able to provide and care for our loved-ones if we cripple our bodies prematurely with bad habits and neglect? **75% of the diseases we suffer from are lifestyle-related**, and the cost of treating those lifestyle illnesses is an enormous strain on the Welfare Fund, as it is on the entire health care system.

CIGNA offers **Lifestyle management Programs** that are designed to coach and encourage our participants to fix some of

those problems that end up making us sick. They are designed to help our participants quit smoking, manage their weight, and better manage **STRESS**. The programs can be done over the telephone with trained professional coaches, or online. Enclosed is a color flyer that describes the programs. Look it over. And if you would like to participate in one or more of the programs, please go to **MYCIGNA.COM**. After you log-in, go to the "MY HEALTH" tab, and then select the "Health Management Resources" tab. There you will find many health-related resources, including the coaching and online programs.

And if you are ever on the 6<sup>th</sup> floor and want to talk, please stop in a see me anytime. (I'll show you my folding bike!) And if you have a success story of your own, please share it with us:

([cool@fundoneiatse.com](mailto:cool@fundoneiatse.com)).

All of us in the Fund Office  
WISH YOU WELL!

## LOG IT on LIVESTRONG.com

LiveStrong.com is a website dedicated to helping people live healthier lives. It's an outgrowth of Lance Armstrong's cancer awareness efforts, and features all kinds of great information related to nutrition and fitness.

One of the free tools the site provides is something they call the "Daily Plate". Using the Daily Plate you can quickly and easily log what you are eating using a database of over 625,000 food items. (And for you iPhone users, yes, there is an app for that too!) You can then see a complete nutritional breakdown of what you are eating, day to day, and over time.

You can also track your exercise activities and subtract your expended calories from your logged meals. If you walk, run or bike for exercise, you might also like the "Loop" feature. Using a map, you click along a route, and the program automatically calculates the distance, and displays a graph of the elevation changes along the route. When you do your "loop", you can then put in the length of time it took you, some optional information like average heart rate, and the tool will calculate how many calories you used and subtract them from your "Daily Plate". And for those of you who are Facebook or Twitter users (oh come on, there must be a couple of you out there), you can even post your accomplishments directly to your wall.

There are many free online tools out there designed to encourage and keep you motivated. But even if you just log on paper, it is the act of writing it down that makes you think before you gulp. If you have to log that 450 calorie glazed donut, you are going to think twice. Like shopping on a budget, you are going to immediately start making choices, and hopefully become a more thoughtful food consumer. **EAT IT. LOG IT. LOSE IT.**

## Information Verifications

Several weeks ago the Fund Office mailed you a verification form to confirm that the information we have on file for you is current and complete, including your Pension and Annuity Fund beneficiary designations.

We have had an overwhelming response so far, and would like to thank you for taking the time to send back your forms.

Remember that even if all of your information is correct, you need to sign and return the top form. If you have any questions, please call the Fund Office at:

**(212)247-5225**

# Lifestyle Management Programs

Weight Management, Tobacco Cessation, Stress Management



## CIGNA Healthy Steps to Weight Loss® Weight Management Program

The CIGNA Healthy Steps to Weight Loss® program helps you manage your weight using a non-diet approach. It assists you in building confidence, becoming more active, eating healthier and changing habits. You can select from two convenient options, a telephone program or an online program – or both.

### Program Features:

#### The telephone program:

- Personal healthy living plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook and tool kit
- Healthy Rewards® discounts\*
- Support line available 7 days a week, 24 hours a day

#### The online program:

- Personal health assessment and healthy living plan
- A 12-week self-paced program
- Weekly educational emails with key learning themes and tips
- Interactive tools and resources
- Healthy Rewards® discounts\*
- Secure, convenient support

## CIGNA Quit Today® Tobacco Cessation Program

Our CIGNA Quit Today® program helps you develop a personal quit plan to become and remain tobacco free. You can choose from two options, a telephone program or an online program – or use both.

### Program Features:

#### The telephone program:

- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Program workbook & tool kit
- Healthy Rewards® discounts\*
- Optional telephone group support
- Free over-the-counter nicotine replacement therapy (patch or gum)\*\*

- Support line available 7 days a week, 24 hours a day

#### The online program:

- Personal quit plan
- 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts\*
- Secure, convenient support



## Strength & Resilience™ Stress Management Program

Our Strength & Resilience™ stress management program helps you understand the sources of your stress, learn coping techniques and manage stress both on and off the job. You can select from two convenient options, a telephone program or an online program – or use both.

### Program Features:

#### The telephone program:

- Personal stress management plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook & tool kit
- Healthy Rewards® discounts\*
- Support line available 7 days a week, 24 hours a day

#### The online program:

- 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts\*
- Secure, convenient support



\*Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

\*\* Over-the-counter nicotine replacement therapy (NRT) is provided by CIGNA Tel-Drug® Home Delivery Pharmacy, but must be ordered through the CIGNA Quit Today program. Only one course of NRT is available per participant, per calendar year.4

It's easy and convenient to enroll. Just call or go online.

1.866.417.7848  
www.myCIGNA.com

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