

Volume 4, Issue 1

January 14, 2011

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
- 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:

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We look forward to hearing from you!

Benefit News and Tips



FREE Health Screenings on 1/23/11

👉 REGISTER NOW! 👈

The Welfare Fund is sponsoring **FREE** health screenings for participants **and their spouses** that will be conducted by CIGNA during the Local No. One membership meeting on January 23, 2011. The screenings will take place on the 5th floor of the Westin Hotel – the same floor as the membership meeting. Participants and spouses will have an opportunity to go through the screening before, during or after the membership meeting – from **8:30 a.m. to 5:30 p.m.** Welfare Fund participants who complete both the free screening and CIGNA's online

Health Assessment questionnaire will be eligible for a **\$50 credit** (per family) against their self-pay premium payment, and a drawing for a **Wii gaming system and Wii Fit software.**

There are a fixed number of appointments available, and priority will be given to those who pre-register for the screening. You can register now by either going to **www.RegisterForMyEvent.com/LocalOne**, or by calling **(800)694-4982.**

The screening will involve a series of test stations, followed by a review of your results with

a health professional. Participants will walk away with a report that shows their blood pressure, cholesterol, blood sugar, and body mass index, and will provide result ranges so that you can understand whether your results are

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Late Payers to be Terminated 1/31!

The bad news is that if you haven't yet paid your self-pay premium *you are already late*. The deadline was January 1, and you now also owe a \$25 late penalty.

But worse than being late is having your coverage **terminated**, and if you don't get your self-pay premium in before **Jan. 31**, unfortunately that's what will happen.

If you do lose your coverage you will be offered COBRA coverage, but the **cost of COBRA coverage for Tier 3 Family is over \$25,000 per year!**

Please don't take any chances in losing this very valuable benefit. **Make your payment NOW!**

Have you registered for MyCIGNA.COM?

More and more of our participants are discovering that **MyCIGNA.com** has some very handy tools to help us manage our health insurance benefits. On their web site you can access all kinds of information regarding your health insurance coverage: details about your coverage including who is covered,

claims information, and deductible and out-of-pocket year-to-date totals. You can order a new ID card, or print a temporary one. You can research doctors, hospitals and other facilities; the provider directory will give you detailed physician profiles in 21 specialties.

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Health Screenings
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in a good zone, or a reason to get to a doctor for possible treatment.

Participants will need to be able to log-on to **MyCIGNA.com** to complete the questionnaire. Make sure that you know your log-on user name and password when you come for your screening. If you haven't already registered, please go to MyCIGNA.com and click the blue "Register" button.

You will need your CIGNA ID number which you can find on your CIGNA card, right above your name. If you need any help, please give us a call at the Fund Office: (212)247-5225.

Recognizing that many of our participants do get a regular check-up and don't need to do a screening, we will also make the \$50 self-pay credit available to you if you provide proof that you had a wellness visit (physical) between July 1, 2010 and June

30, 2011 and complete CIGNA's online Health Assessment questionnaire.

Undiagnosed conditions can develop into serious medical conditions if left untreated. Early identification of medical conditions before they worsen or lead to further complications is obviously good for our participants, and also good for the health of the Welfare Fund!

Please join us for this very important event!

MyCIGNA.com
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In the pharmacy section you have access to the CIGNA Tel-Drug Home Delivery program and can track your order history, order prescriptions or receive price quotes by email. You can get answers to your prescription questions by following the "Ask a Pharmacist" link, and can search CIGNA's prescription drug list to learn about CIGNA's preferred brand equivalents that could save you money on your drug co-pays.

But it is much more than just an information source about your health coverage. The site also fea-

tures tools and resources that can help you take control of your health and wellness. One of these tools is something they call **My Health Assessment**. This confidential online questionnaire can help you identify and monitor your health status. You can also learn about preventive care, and check your progress toward your health goals. Based on your responses, you'll learn if you are at any risk for certain conditions like diabetes or high blood pressure, and also receive recommended next steps to help you get started on a path to better health.

If you are new to **MyCIGNA.com** you will first need to register. To

do this you will need your CIGNA ID which you can find on your CIGNA card, right above your name. Please go to MyCIGNA.com and click the blue "Register" button. If you previously registered but have forgotten your log-on name or password, follow the links directly below the log-on boxes. If you need any help getting registered or recovering your log-on name and password, please give us a call at the Fund Office: (212)247-5225.

So if you haven't already visited **MyCIGNA.com**, please check it out and let us know if you have any suggestions for the site that we can pass on to CIGNA.

REGISTER NOW!

To pre-register for the FREE Health Screenings that will take place on Jan. 23 at the Westin Hotel during the Union Membership meeting, please go to:

www.RegisterForMyEvent.com/LocalOne

or call **(800)694-4982.**

Remember to bring your MyCIGNA.com log-on user name and password!