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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:  
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 between 8th and 9th avenues
- CALL us at :  
 (212)247-5225  
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 (800)974-2873
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We look forward to hearing from you!

# Benefit News and Tips



## High Blood Pressure a *Stagehand* Problem?

125 Local One stagehands took part in the health screenings offered during the January Membership meeting. After the event, CIGNA prepared a summary report for the Fund to help us better understand where we need to concentrate our resources with regards to future screenings and education initiatives. (No individual results are given to the Fund – only statistics for the whole group.)

One of the statistics that was particularly concern-

ing to us was the number of participants who tested having High Blood Pressure (Hypertension). While 10% of the screening participants reported before the test that they had known issues with high blood pressure, **30% tested to have high blood pressure!** That means that 20% of those tested didn't know they had a problem before the screening.

Worse yet, **52% tested as Pre-Hypertensive** – meaning that they are on

the way to developing High Blood Pressure. According to the Centers for Disease Control (CDC), approximately 28% of American adults have pre-hypertension, so our group was **24% higher than the CDC average**, which makes us wonder whether this

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### Late Payers to be Terminated 4/30!

The bad news is that if you haven't yet paid your self-pay premium *you are already late*. The deadline was April 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 or postmarked before **April 30**, 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!**

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## FREE Health Screenings on 5/22/11

👉 REGISTER NOW ! 👈

The Welfare Fund is sponsoring a second health screening event for participants **and spouses** that will take place during the Local 1 membership meeting on May 22nd. The screenings will take place at the Hilton Hotel near the membership meeting.

Scheduled appointments are available from **9:00 a.m. to 2:00 p.m.** Welfare Fund participants who complete a screening and CIGNA's online Health Assessment questionnaire will be eligible for a **\$50 credit** (per family)

### High Blood Pressure (continued)

might be a particular problem for our Stagehand participants.

There are many reasons why you need to be concerned about High Blood Pressure. Persistent High Blood Pressure is one of the risk factors for **stroke, heart attack, and arterial aneurysm**, and is a leading cause of **kidney failure**. Even moderate elevation of blood pressure can lead to shortened life expectancy.

The good news is that “lifestyle” changes – diet (low sodium), exercise and weight loss -- can often improve blood pressure, although drug treatment may prove necessary if those changes are ineffective or insufficient. Many also recommend finding ways to reduce life stress through activities like meditation, yoga, fishing, or your own personal “bliss” of choice.

But the first step is to know you’ve got a problem, and the second step is to get a compre-

hensive medical evaluation from your primary care physician. If you go to the doctor regularly, you probably have your blood pressure checked during those visits. If it’s been over a year since your blood pressure was last taken, you either need to make yourself an appointment for a “wellness visit”, or consider joining us for **the next Health Screening event that will take place at the Hilton during the Membership Meeting on May 22<sup>nd</sup>**.



### Health Screenings (continued)

against their self-pay premium payment.

There are a fixed number of time slots 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](http://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 in a good zone, or a reason to get to a doctor for possible treatment.

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!



## REGISTER NOW!

To pre-register for the FREE Health Screenings that will take place on May 22nd at the Hilton Hotel during the Union Membership meeting, please go to:

**[www.RegisterForMyEvent.com/LocalOne](http://www.RegisterForMyEvent.com/LocalOne)**

or call **(800)694-4982** (10am-8pm, Monday-Friday).