



Fall 2019

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 Fl,
between 8th and 9th avenues

•CALL us at : (212)247-5225

FAX us at: (212)977-9319

EMAIL us:

FundOffice@FundOneIATSE.com

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We look forward to hearing from you!

Benefit News

Mental Health and Wellness

32% of Local One participants have been diagnosed with a mental health issue, and that number continues to rise.

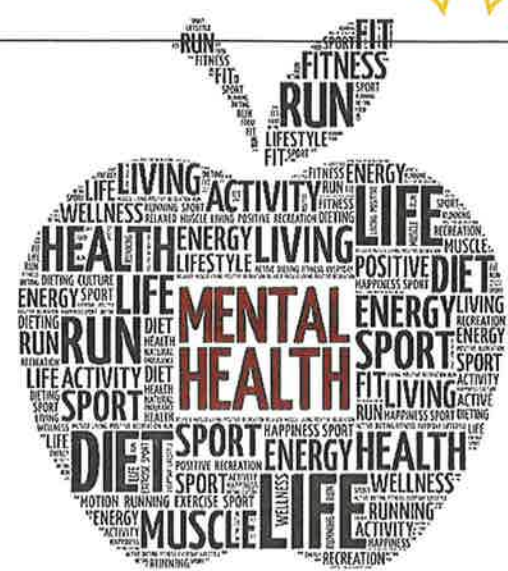
That's much higher than statistical norms, and reflects the very real stresses associated with living the life of a Stagehand. Those stresses often contribute to anxiety, depression and other issues that could affect both you and your family.

In the past few years, Local One's wellness program focused on physical health. We've worked on the lifestyle challenges, like diet and exercise, that could help prevent illness. But the concept of "Wellness" – actively taking charge of our health and working to stay healthy – also applies to our mental health. In truth, physical and mental health directly impact each other, and we have to manage both to stay "well".

With the hire of Nneka Symister, Local One's new Healthcare Coordinator (see profile inside), we want to expand the conversation about Wellness to recognize the importance of mental health, and how it affects our physical health. Nneka will offer us the perspective of a healthcare professional with extensive experience dealing with both mental and physical wellness, and she will be an important resource to you if you need assistance with any aspect of your healthcare.

In the coming months, Nneka will feature a series of emails about health related issues, with a focus on managing our mental health, so please look for them and give them a read. If you have any issues you would like to discuss, or need assistance finding the care you need, please give her a call at **(212)247-5545**.

... See more about Nneka inside 



Meet the New Local One Healthcare Coordinator Nneka Symister

The Local One Wellness Center has a new Healthcare Coordinator . . .
Welcome Nneka Symister!

Nneka hails from Montefiore where she worked as a case manager, and the Seleni Institute where she worked as a psychotherapist, and has over 15 years working in the mental health field throughout NYC. She is a licensed clinical social worker who has extensive experience working with people impacted by mental illness, substance abuse, and medical issues.

Nneka utilizes alternative health and wellness concepts and programming, including smoking cessation, stress management, harm/risk reduction, relaxation techniques, and nutrition. She is here to ensure that all of your medical and mental health needs are being met. Nneka is focused on your overall wellness, recognizing that all aspects of our lives and healthcare are interrelated.

You'll have an opportunity to meet Nneka in person at the Membership meeting on **October 27, 2019**. In the meantime, please stop by to say hello next time you are visiting the Union or Fund Office, or give her a call at **(212) 247-5545** to talk or make an appointment.



GET YOUR FLU SHOT!

The annual Local One Flu Shot program will take place on **Wednesday, October 16th, from 9:30 am to 4:30 pm**. Shots will be given on the 6th floor of the Local One building in the Wellness Center.

If you are unable to get your shot on 10/16/19, the Friedman Clinic is also offering Flu Shots on the following dates from 10am to 1pm:

Friday, 10/04/19

Tuesday, 11/19/19

Thursday, 12/05/19

. . . or, if you haven't had your Wellness Visit yet for the \$400 Wellness Incentive starting 1/01/2020, get your shot during your visit!

Substance Rehabilitation Incentive Program

Addiction requires treatment like any other chronic disease. Rehabilitation (rehab) centers offer a level of treatment for substance use that falls between the intense medical care of inpatient hospitalization and the independence of outpatient treatment.

While there are many reputable rehab programs available, this relatively under-regulated industry has been plagued in recent years with programs, mostly centered in Florida, involved with various fraud schemes, including unethical marketing, patient brokering and insurance fraud. These out-of-network programs provide questionable treatment for participants, and can cost the Welfare Fund 5 to 10 times the cost of a quality in-network rehab program.

Trying to find a good, quality rehab program that will provide the services and amenities that you need while also establishing a sustainable outpatient plan can be overwhelming. But you don't have to do it all alone. The Welfare Fund, working in conjunction with The Actors Fund Participant Assistance Program, has established an incentive program designed to assure that Local One participants find quality rehab programs that match their needs.

HOW IT WORKS . . .

Participants who meet Aetna's medical necessity guidelines for inpatient rehabilitation and successfully complete their treatment plan at a preferred facility will receive:

- **\$1,000 Credit** against future Self-Pay Premiums, and
- **\$0 cost sharing** for in-patient and intensive outpatient treatments.

Participants will be required to arrange for treatment through The Actors Fund or Local One's Healthcare Coordinator, Nneka Symister. Crediting will be made after the successful completion of intensive outpatient treatment, as determined by The Actors Fund.

If you have any questions about the program or need any assistance with a substance issue, please call **The Actors Fund at (212) 221-7300, x119** or **Nneka at (212) 247-5545**.

HAVING TROUBLE FINDING A PSYCHIATRIST?

Finding an in-network psychiatrist can sometimes be challenging. If you are in need of a psychiatrist and are having difficulty finding one that is both in-network and taking new patients, please contact Nneka at (212) 247-5545 for assistance.

Reminders . . . Reminders . . . Reminders . . . !

WELLNESS INCENTIVE DEADLINE

We are fast approaching the end of the year and you only have a few months left to qualify for the **\$400 wellness incentive**. If you are a participant with active coverage, you can qualify for the incentive starting January 2020 by ensuring that you and your covered spouse complete your annual wellness exam by the end of 2019. To ensure that you receive your credit at the time your self-pay premium payment is due on or before 1/01/2020, please have your exam completed by 10/31/2019.

If you don't have a primary care physician or you're unable to visit your physician by the end of the year, please remember that Local One's medical home — **The Friedman Center** — is conveniently located in the theater district and there are **NO COPAYS for primary care visits** for participants with active coverage!

The Friedman Health Center

729 Seventh Ave, 12th Floor (between 48th and 49th)

For appointments call: **(212) 489-1939**

2019 Earnings Requirements for Welfare Coverage starting 7/01/2020:

Tier I	\$37,500
Tier II	\$55,001
Tier III	\$81,501

Self-Pay Premiums are Due October 1st.

Late Payers will be Terminated October 31st!

If you don't get your self-pay premium in or postmarked before **10/01/2019**, you will be subject to the **\$25 late fee**. Much worse than that, if you miss the **10/31/2019** deadline, you will lose your coverage!

Please don't take any chances losing this very valuable benefit.

**Remember to make your payment
ON TIME!**

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**.