

Volume 2, Issue 2  
April 10, 2009

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

How you can reach us:

•VISIT US at 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 Shea, Supervisor  
gashea@fundoneiatse.com

Shirley Nelson  
snelson@fundoneiatse.com

Denise Carmona  
dcarmona@fundoneiatse.com

Pension and Annuity

Mariann Zappalla, Supervisor  
mzappalla@fundoneiatse.com

Administration

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

Kwany Chan  
kchan@fundoneiatse.com

Tina Tatum  
ttatum@fundoneiatse.com

We look forward to hearing from you!

# Benefit News and Tips



## iPod Shuffle Winners Announced – 2 More Weeks to Final Drawing

The first 2 of 3 drawings have taken place for Welfare Plan participants who took the **Health Assessment survey** on **MyCIGNA.com**. The winners of the customized Local No. ONE iPod shuffle are **Marc Schmittroth** and **John Tamerlani**. In addition, **David Carr** is also an iPod winner in the email address drawing. Congratulations to the winners, and thanks to everyone who participated!

We still have **one more drawing** at the end of April! To take part in the survey, please go to **MyCIGNA.com**. If you have not already registered, click the blue “Register” button, otherwise sign-in using your User Name and Password. Next click on the “MY HEALTH” tab at the top of the page, and then click on the “my health assessment” under the “Health Management Resources” section. If you haven’t yet registered

for the Health and Wellness Center, you will be asked to complete a brief sign-up process. Otherwise you will be asked to sign-in.

Preventable illness makes up 70% or more of the total cost of health care. If our Welfare Fund participants start making healthier lifestyle choices, that should translate into

*Continued on Back Page . . .*

## New Spouse or Child? Don’t forget the 30-day Rule!

If you get married or have a child, you have 30 days to notify the Fund Office if you wish to enroll your new spouse or child for Welfare Fund benefits before the next July 1st open enrollment.

With all of the craziness that accompanies getting married or having a child, it is easy to miss this very important deadline. If you miss this deadline, the Fund Office must, according to the rules of

the Plan, deny your request for coverage until the next regular open enrollment period.

So if you or anyone you know who has Welfare Fund health coverage is getting married or having a child, **please make sure that the Fund Office is notified AS SOON AS POSSIBLE!** Call us at:

**(212) 247-5225**



## \$4 Pharmacy Copays

There are Pharmacies out there that are hungry for your prescription business. One that recently caught our attention is Target, which offers \$4 copays on generic drugs. That isn’t a huge savings for Tier III participants who have \$5 copays on generic drugs, but it is significant savings for our Tier I and II participants whose generic copays are currently \$15 and \$10 respectively. As always, it pays to shop around!

**iPod Shuffle Winners (continued)**

lower Welfare Fund expenses. As health care costs continue to sky-rocket, we need to do everything we can to reduce expenses to try to avoid the necessity of future benefit cuts or increases to self-pay premiums. You are a partner in this Fund, and if as a group we can live healthier, we will also help protect our future health benefits.

**Meet the Staff:  
Mariann Zappalla  
Pension & Annuity Supervisor**



Mariann is the longest employed member of the Fund Office staff, and has been serving our Pension and Annuity participants since 1992. While she is our resident expert on Local 1's retirement plans, what truly sets her apart is the thoughtful and caring service she provides to our participants each and every day. If you have any questions regarding your pension and annuity benefits, give her a call!

**HEALTHY REWARDS DISCOUNTS!**

Those of you who have spent some time digging around **MyCIGNA.com**, may have run across a program CIGNA calls "Healthy Rewards". CIGNA has negotiated discounts related to health and wellness products and services to help make staying healthy a little more affordable for our Welfare Plan participants. Discounts are featured in a number of areas, including weight and nutrition, alternative medicine, fitness, dental, vision and hearing care, and smoking cessation.

As an example of the types of deals included in the Healthy Rewards program, included with this newsletter is a brochure from CIGNA featuring discounts related to laser vision correction. As you probably know, laser vision correction is a technique that may reduce or even eliminate the need for glasses or contact lenses. Initial consultations are free through participating providers. You can call (800) 870-3470 to find a participating provider near you.

For information regarding other Healthy Rewards, log-in to **MyCIGNA.com**. Select the "My Health" tab at the top of your home page, and in the far right column you will see a section on Healthy Rewards. You can select a program type from a drop down list, and you will be presented with a list of currently available discounts. Please remember that this is only a discount program, and although it is made available to us by CIGNA, it is not insurance, and participants must pay the entire discounted expense.

***We will be featuring some of the CIGNA Healthy Rewards discounts in future Fund Office email blasts , so if you haven't already provided us with your email address, please send us an email with your name and birthdate to:***

***[FundOffice@FundOneIATSE.com](mailto:FundOffice@FundOneIATSE.com)  
or call Tina at  
(212) 247-5225,  
ext. 100.***