

Spring 2016

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 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



2016 Wellness Incentive

❖ **What you need to do in 2016 to save \$400 in 2017** ❖

As you know, the requirement last year for the \$100 per quarter Wellness Incentive was a Wellness Visit for both participants and spouses. We are very pleased that the vast majority of our active participants got their check-ups in 2015, and are now enjoying the \$100 reduction per quarter in their self-pay premiums in 2016.

There are still a few of you who have not had your Wellness Visit, but the good news is that **IT'S NOT TOO LATE!** As soon as you meet the requirement, we will start the incentive the very next quarter. So if you get your Wellness Visit before the end of March, you will receive \$100 off your self-pay beginning with the premium due April 1st.

New 2016 Wellness Incentive Requirements

Depending on your personal situation and health concerns, you may wish to have an annual checkup, but for purposes of the Wellness Incentive we are not requiring a Wellness Visit in 2016. Hopefully your visit made you aware of any health related concerns, and you are now following up on any recommendations made by your physician.

In 2016 we are instead requiring that you meet two health-related goals in order to continue receiving the Wellness Incentive starting 1/01/2017:

1. Completion of **Aetna's Health Assessment questionnaire** by you and your spouse, and
2. Participation in a **Blood Pressure Screening** (to be held at Sunday membership meetings, or at the Wellness Center in the Union Hall), - **OR** - successful completion of a **10,000 Steps Challenge** we are trying to organize for this summer/fall.

On the inside of the newsletter you will find specific information regarding the questionnaire, blood pressure screenings, and the 10,000 steps program. Please note that the Wellness Incentive is for active participants (not retirees), and that if you have not yet qualified for the incentive by having a Wellness Visit, you will still need to meet that requirement before you can qualify for the 2017 Self-Pay reductions.

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New 2016 Wellness Incentive Goals

HEALTH ASSESSMENT QUESTIONNAIRE

You may remember that several years ago we had an incentive for completing Cigna's Health Assessment Questionnaire. Aetna has a similar questionnaire, and we are requiring that **all active participants and their spouses** complete the questionnaire at some point in 2016 in order to continue receiving the \$100 per quarter incentive in 2017.

The questionnaire asks questions about your health history and habits. It can help you learn more about your health risks so you can take steps to lower them, as well as provide strategies to improve your health and well-being. To take the Health Assessment:

1. Log in to your secure member website at **www.aetna.com**. (If you are new to the site, just click "Register.")
2. Choose the "**Take a Health Assessment**" link on the left side of the screen.
3. Select "**Launch My Health Assessment**" — and go!

The questionnaire will ask you about things you do every day, like eating and sleeping, and any medical conditions you may have. You'll also see questions about your modifiable health risks. Try to have your latest numbers from any screening tests or a physical exam on hand — your last blood pressure reading, cholesterol values and your weight. Your responses are kept confidential. The health assessment is on a secure site and it's protected with a password, so the details you provide are safe. You can easily finish in one sitting, but you can always come back later as your answers will be saved. (If you don't have access to a computer, call the Fund Office and we'll help you.)

BLOOD PRESSURE SCREENINGS

Many of you have already met Katie, Local One's Healthcare Coordinator and RN. She will be running a series of Blood Pressure screening events throughout the year. The first screening will take place during the **next Membership Meeting on Sunday, March 20th**. We will be set up just outside of the meeting room, and you will be able to get your blood pressure checked by a nurse, and have an opportunity to meet and speak with Katie.

Several years ago we did bio-metric screening events during a few Membership meetings. We learned from those screenings that there was a relatively large group of participants who either had high blood pressure or early indications, but weren't aware they had a problem. The concern is that if you don't know you have or are developing high blood pressure, you aren't getting treatment and are at risk of complications, including heart attack and stroke. (Please see the back page of the newsletter for more information regarding high blood pressure in Katie's health column.)

10,000 STEP CHALLENGE

We are working with a new company that has developed a \$12 wrist step-tracker with the hope of being part of their beta testing program. It's too early to determine whether they will be ready to go on time, but the idea is that interested participants would purchase the \$12 tracker, and if they successfully complete Local One's 10,000 step challenge, the cost would be refunded as credit

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against their self-pay premiums. And although we would also count it as an alternative to participating in the Blood Pressure Screening, we would encourage anyone that does elect to participate in the Local One 10,000 Step Challenge to also have a Blood Pressure Screening.

We hope to see you at the Membership Meeting on Sunday, March 20th, and we will be very happy to answer any questions you have about the Wellness Incentive program in person. **Please note that MassMutual will also be attending the March 20th meeting**, and will be available to answer any questions you have about your Annuity Fund benefit.

Coming Soon to the Local One Wellness Center . . . **TELEHEALTH**

The Welfare Fund has recently contracted with American Well to provide Telehealth physician visits here in the Local One Wellness Center (located on the 6th floor of the Union Hall), with the expectation that it will be operational later this Spring.

Telehealth is a relatively new concept in delivering medical care which allows patients to consult with a physician remotely. We will be installing a Telehealth Kiosk in the Wellness Center which will allow participants to consult with a physician for a **flat \$20 copay**, regardless of benefit Tier. You will have the ability to choose a provider from a list of physicians available at the time of your visit, and your Telehealth visit will be facilitated by Local One's Healthcare Coordinator and RN, Katie Fromm. The Kiosk includes a high-definition web camera and touchscreen, as well as various diagnostic tools which will allow the physician to measure your temperature, blood pressure, blood oxygen, listen using a stethoscope, and check skin conditions with a magnifying dermacam.

Obviously, having a consultation with a physician by video isn't appropriate for all medical situations, and seeing a doctor in person may often be preferable. But we are hoping that for those instances where you have a non-critical medical condition or concern, and are unable to schedule a regular visit with an in-person physician, this new service will provide the opportunity to quickly and conveniently consult with an online physician, and receive treatment if advised.

Once we are further along with the implementation of this new service, we'll send out additional information letting you know when it will be up and available for your use.



❖ Notes from Katie ❖

What you need to know about **HIGH BLOOD PRESSURE**

There is no way to put this delicately. Uncontrolled high blood pressure can kill you. Unlike other diseases, there are often no symptoms to warn you about the damage being done to your body. This is why we call it the

“silent killer”

When your blood pressure is high the force of the blood flow is too much and the walls of your blood vessels become stretched beyond their healthy limit causing damage. This damage to your blood vessels disrupts and interferes with the delivery of blood and oxygen throughout your body to your organs. It can cause **heart attack, stroke, aneurysm, heart failure, and kidney damage** among other problems such as **erectile dysfunction, vision loss** and more.

The good news is that high blood pressure is highly treatable — if you know you have it. This is the reason we’re doing Blood Pressure screenings this year as part of the 2016 Wellness Incentive program described earlier in the newsletter. **The first screening will be held at the Membership Meeting on Sunday, March 20th.** I hope to see you there!

And please remember that there are many things you can do to protect yourself from developing high blood pressure:

- Improve your diet by eating foods with less salt, fat, and sugar.
- Get your heart rate up with physical activity. While stagehand work is physically taxing, you still need regular exercise that increases your heart rate to really make a difference.
- Maintain a healthy weight.
- Cut down and work to stop smoking.
- Drink alcohol in moderation.

And most important, have your blood pressure checked regularly, and if you are on medication, always take it as prescribed by your doctor.



Katie Fromm

Local One
Healthcare Coordinator

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Katie comes to us from Mount Sinai Medical Center. She is a Registered Nurse and received her training from NYU. Prior to that she received her Masters of Social Work from Columbia University, and BA in Psychology from the University of Michigan.

If you need assistance navigating the healthcare system, or have concerns about the medical care you are receiving, please give her a call on her direct line:

(212)247-5545

PLEASE NOTE: Self-Pay Premiums are Due April 1.

**Late Payers will be
Terminated April 30!**

If you don't get your self-pay premium in or postmarked before **April 1st**, you will be subject to the **\$25 late fee**. Much worse than that, if you miss the **April 30th** deadline, you will lose your coverage!

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

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