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Benefit News and Tips



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:**

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We look forward to hearing from you!

Everybody Loves a Quitter!

So it's only February, and your New Year's resolution to kick the habit is already up in smoke? And yet here you are, sick to death of smelling like an ashtray, of constantly having to run out into the damp February cold for another fix, and of the dirty looks and comments from the friends and family who love you and want you well? Well, that's a good place to start.

Anyone who's tried knows that this is one of the toughest addictions to break. For some it can be as addictive as heroin or cocaine. But people do it every day, and you can too. The good news is that there's lots of help out there — so why not take advantage of it. You'll be happier and healthier for breaking the habit — and it will be the single best thing you could do for yourself and your family!

For New York State Residents there is a great program through www.nysmokefree.com where you can request a **FREE** starter kit of nicotine patches, gum or lozenges online, or by calling **1-866-NY-QUITS**.

For those of you in New Jersey, www.nj.quitnet.com is an online resource providing individually tailored smoking treatment, including access to peer support groups and counselors 24/7. For the computer-impaired, you can call the NJ Quitline for similar services provided by the Mayo Foundation: **1-866-NJ-STOPS**.

On the flip side you'll find a list of other service providers that are out there offering free services and quitting tools.

So make a plan, pick a day, and make quitting the single most important thing for your life.

GREAT NEWS: The benefits of quitting begin on Day 1!

24 Hrs	Your chance of heart attack drops.
2 Days	Your ability to smell and taste improves.
2 to 3 Weeks	Your circulation and lung function improves. You can walk more easily.
1 Month	Coughing, congestion, fatigue and shortness of breath decrease. Your lungs start to repair.
1 Year	Risk of heart disease is cut in half!
5 Years	Risk of cancer of mouth, throat, and esophagus drops by about half. Risk of stroke and heart disease is reduced to that of non-smokers (about 5-15 years after quitting).
10 Years	Your chance of dying of lung cancer is about the same as non-smokers.

From the Bureau of Tobacco Control at www.NYC.gov

Save \$\$ on your Ongoing Prescription Copays

At some point during your CIGNA coverage you received a packet of information regarding CIGNA's Tel-Drug Home Delivery Pharmacy Program. In addition to the convenience of a confidential home delivery at no extra charge, you can save up to 33% on your prescription copays by using their mail order program.

For example, the Tier III copay for a regular generic formulary monthly prescription from a retail pharmacy is \$5. If you were to order a 3-month supply of that prescription from the

Home Delivery program, the copay would only be \$10. The Tier III retail copay for a monthly Name-Brand formulary is currently \$20, but you could receive a 3-month supply via mail order for \$40.

Also enclosed please find a flyer from CIGNA with additional information regarding the Tel-Drug program. You can also find more information about the program at myCIGNA.com or by speaking to a CIGNA Tel-Drug associate at **1-800-Tel-Drug (835-3784)**.

DID YOU KNOW . . .

If you have a surgical procedure, even if the hospital is in-network, the anesthesiologist may be OUT-OF-NETWORK. That means that normally CIGNA would pay the claim as an out-of-network expense (80% for Tier III) after satisfying your deductible. HOWEVER, if you let CIGNA know before you pay the balance of that bill, CIGNA will reprocess the claim at your in-network benefit level. Call Gloria in the Fund Office if you have questions or need assistance.

Other Smoking Cessation Programs*

KEY:

- I - Individual
- G - Group
- S - Support group
- M - Free Medications

- S **American Lung Association**
(718) 624-8531, Extension 14
(212) 889-3370
- G, M **Bellevue Hospital Center**
Stop Smoking Program
462 First Ave. at E. 27th St., Room 5S-51
New York, NY 10016
(212) 562-4748
- G, M **Belvis/Morrisania Diagnostic and Treatment Center**
Smoking Cessation Program
718-579-4934
- S **Beth Israel Hospital - S.O.S. (Stay Off Smoking Support Group)**
Phillips Ambulatory Care Center
10 Union Square East, Suite 4a, Room 03 (4th Floor)
New York, NY 10003
(212) 420-4247
- I, G, M **Bronx Lesbian and Gay Health Resource**
940 Garrison Ave.
Bronx, NY 10474
866-4-GAY-CARE
gurlzkickash@aol.com
- G, M **Coler-Goldwater Hospital**
1 Main Street
Roosevelt Island, NY 10044
(213) 318-4485
- G, M **Coney Island Hospital**
Smoking Cessation Program
2601 Ocean Parkway, Room 233
Brooklyn, NY 11235
718-616-5039
- G, M **Elmhurst Hospital**
Smoking Cessation Program
79-01 Broadway, Room A1-25
Elmhurst, NY 11373
718-334-2550
- G, M **East New York Drug and Treatment Center**
Smoking Cessation Program
718-245-2782
- G, M **Gouverneur Hospital**
Smoking Cessation Program
227 Madison St., Room 479
New York, NY 10002
(212) 238-7471
- G, M **Harlem Hospital**
Smoking Cessation Program
530 Lenox Ave., Room 3090
New York, NY 10037
(212) 939-8467

- G, M **Harlem Hospital**
Smoking Cessation Program
530 Lenox Ave., Room 3090
New York, NY 10037
(212) 939-8467
- G, M **Jacobi Medical Center**
Jacobi Medical Center
Smoking Cessation Program
1400 Pelham Parkway
Nurses Residence, Room 5N16
Bronx, NY 10461
718-918-3784
- G, M **Kings County Hospital**
Smoking Cessation Program
451 Clarkson Ave.
T-Building, Room 626
Brooklyn, NY 11203
718-245-2782
- G, M **Lincoln Hospital**
Smoking Cessation Program
234 East 149 St., 10C Room 78
Bronx, NY 10451
718-579-4934
- G, M **Metropolitan Hospital**
Smoking Cessation Program
1901 First Ave. at E. 97th St., Suite 6M22
New York, NY 10029
(212) 423-7211
- S **Nicotine Anonymous**
Nawso
PO 126338
Harrisburg, PA 17112
(516) 665-0527
- G, M **North Central Bronx Hospital**
Smoking Cessation Program
3424 Kossuth Ave., Room 12A-02
Bronx, NY 10467
718-519-2425
- G, M **Queens Hospital Center**
Smoking Cessation Program
82-68 164 St.
N Building, 6th Floor
Jamaica, NY 11432
718-883-4208
- G, M **Renaissance Diagnostic and Treatment Center**
Smoking Cessation Program
215 W. 125 St.
New York, NY 10027
(212) 939-8467
- I **The Smoking Cessation Clinic**
New York State Psychiatric Institute
Columbia University
1051 Riverside Drive
New York, NY 10032
(212) 543-5905
- G, M **Woodhull Hospital**
Smoking Cessation Program
760 Broadway, 9th Floor
Brooklyn, NY 11206
718-630-3256

* from the Bureau of Tobacco Control at NYC.gov