



# BENEFIT *buzz*

## Breast Cancer Awareness Month

**B**reast cancer death rates in the United States have dropped by 44% since 1989.<sup>1</sup> Breast Cancer Awareness month is a large part of the reason for the decline.

Breast Cancer Awareness Month is more than just reminding us to get our annual mammogram. It's reminder to support those who are battling breast cancer, educate women and men on the importance of early detection, and to help raise money for breast cancer research.

### Free Mammogram Screenings October 18th



As part of our **Fall Wellness Event**, we will be offering **FREE** mammogram screenings on **October 18th** at the **Laborers' Local 42 Union Hall**. These are available to individuals covered under the Plan who meet the eligibility criteria. (See page 5 for more details.)

For more information on your **FREE** preventative benefits, contact the **Benefit Office** at 314-644-2777 or email [benefits@stllaborers.com](mailto:benefits@stllaborers.com). Don't forget to make your mammogram appointment today!

**Did you know?** About 16% of women with breast cancer are younger than 50 years of age.<sup>2</sup>

2357 59th Street  
St. Louis, MO 63110  
(314) 644-2777  
(800) 489-0228  
Fax: (314) 646-4440  
[www.stllaborers.com](http://www.stllaborers.com)  
[benefits@stllaborers.com](mailto:benefits@stllaborers.com)

### Office Hours

Monday-Friday  
7:00 a.m.-4:30 p.m.

### Phone Hours

Monday-Friday  
7:30 a.m.-4:30 p.m.

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## New Hours at

our Farmington Location

**Monday** 9am-7pm  
**Wednesday** 9am-7pm  
**Friday** 9am-7pm

### Marathon Health Center

755 Maple Valley Drive  
Farmington, MO 63640  
(573) 586-4393



# PENSION *buzz*



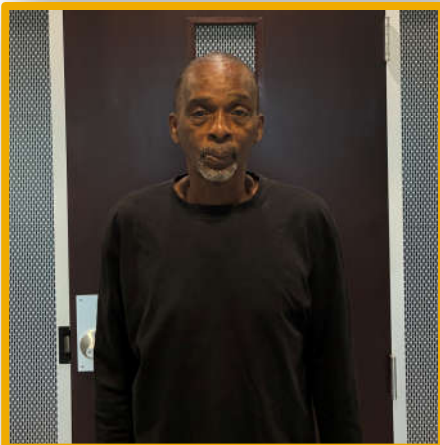
## Pension Wall of Fame



### Steven Herrington

He is a member of Local 110 and has been laboring for 45 years!

After retirement, he plans to take it easy and enjoy life! He wants to be able to go back to Hawaii and visit the rest of the country. He would love to move out west, where he really belongs. His goal is to build a small house out west where he can enjoy the beautiful mountains and the world God provided for him.



### Carl Bush

He is a member of Local 42 and has been laboring for 28 years!

After retirement, he plans to relax and spend a lot of time fishing.



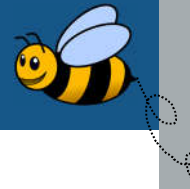
### Tyrone Hobbs

He is a member of Local 42 and has been laboring for over 20 years!

After retirement, he plans to spend a lot of time traveling.

**2025  
Pension  
Check Dates**

**October 22nd  
November 19th  
December 17th**



### **Steven Worley**

He is a member of Local 110 and has been laboring for 30 years!

After retirement, he's excited to do anything other than concrete work.



### **Daniel Barringhaus**

He is a member of Local 110 and has been laboring for 35 years!

He's excited to play a lot of golf!



### **Dewan "Teddy" Huffman**

He is a member of Local 110 and has been laboring for 31 years!

After retirement, he plans to work on RC cars, muscle cars and relax.

*Congratulations!*



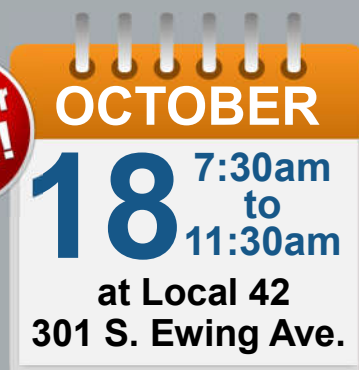
# Laborers' Local 42 and 110 **WELLNESS PROGRAM**

## REGISTER ONLINE

[wellness.hhhealthassociates.com](http://wellness.hhhealthassociates.com)

**NEW Users Code:** LABORERS

**EXISTING Users:** Username (email)  
& Password



- Click the link in your email to activate your account.
- Choose your location (approved walk-in clinic or on-site event).
- Complete the wellness survey.

## OR BY PHONE



800.832.8302

(M-F, 8:30-5pm CST)



## 3 WAYS TO PARTICIPATE

- Approved Walk-In Clinics
- On-Site Events
- Marathon Health Centers—Call H&H before making an appt!\*

## FREE

The Wellness Program  
is **FREE** to...

All Eligible Active  
Members, Retirees,  
Medicare Members &  
All Covered Spouses.

## EASY

Your **FREE** wellness  
screening takes just a  
few minutes and is  
available at over  
1,600 approved,  
walk-in clinics  
nationally!

## \$100 GIFT CARD

All eligible members  
& covered spouses  
who complete **BOTH**  
their **FREE** wellness  
screening and  
wellness survey will  
receive a Gift Card!

**Please Note:** Only one gift card per person per calendar year will be awarded. You must be an eligible member or covered spouse under the Plan. The Benefit Office is not responsible for lost or stolen gift cards.

\*Marathon Health Centers are only available for Active and Non-Medicare Retirees. Participants must register with H&H Health Associates first.

# FALL WELLNESS EVENT

**SATURDAY, OCTOBER 18<sup>TH</sup> 7:30AM-11:30AM**

Laborers' Local 42 Union Hall 301 S. Ewing Ave. St. Louis, MO 63103

## There will also be ...

- **FREE** Mammogram Screenings
- **FREE** Flu Shots
- **LEAN STL** Specialists
- **Marathon Health** Representatives

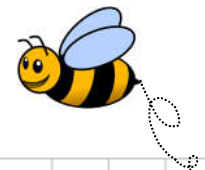


## 3D MAMMOGRAMS

Call (314) 205-6267 to schedule your mammogram appointment.

The mobile mammography unit provides screening mammograms for women 40 years of age and older. The fee will be billed to your insurance or Medicare. Women with no insurance may be eligible for free mammograms. Order from your physician is not required.

## Would you like a chance to win a \$25 VISA gift card?



Simply complete the word search and send it to the [Benefit Office](#) or email it to [benefits@stllaborers.com](mailto:benefits@stllaborers.com).

- WELLNESS
- HALLOWEEN
- LEAN STL
- PENSION CREDIT
- BUZZ
- AUTUMN
- FLU SEASON
- MAMMOGRAM
- OCTOBER
- LABORER
- HOODIES
- LEAVES

A	O	H	S	S	Z	M	E	L	O	M	L	M	P
P	H	A	L	L	O	W	E	E	N	T	O	C	T
E	S	B	R	E	L	W	T	H	S	H	M	M	N
N	L	U	N	Z	B	A	L	N	L	S	E	S	A
S	L	Z	O	N	U	L	A	C	L	E	N	S	E
I	A	Z	S	S	O	E	A	W	I	V	H	E	E
O	B	A	A	R	L	N	T	N	G	A	S	N	L
N	O	O	E	E	A	R	I	E	D	E	N	L	V
C	R	R	S	B	T	G	M	R	I	L	M	L	E
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E	R	S	L	T	Z	S	O	M	O	S	T	W	L
D	A	E	F	C	E	O	I	A	T	S	U	A	M
I	E	E	M	O	H	L	R	O	L	N	A	W	T
T	U	A	F	M	M	A	M	M	O	G	R	A	M

All entries are due by October 15th.

# LABORERS'

BENEFITS • ST. LOUIS

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- ✓ No Co-Pay
- ✓ No Deductible
- ✓ No Co-Insurance



Contact Teladoc for all your  
telemedicine needs.\*

[www.teladoc.com](http://www.teladoc.com)  
800-835-2362



# September

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 <b>HAPPY LABOR DAY</b> <b>CLOSED</b>	2	3	4	5	6
7	8	9	10 Local 110 Union Mtg.	11 <b>9.11</b> PATRIOT DAY	12	13
14	15 August Hours Due	16	17	18	19	20
21	22	23	24 Pensioner Payday Local 42 Union Mtg.	25	26	27 Local 110 Family Picnic
28	29	30 Self Pay Due				

# OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6	7	8 Local 110 Union Mtg.	9	10	11
12	13	14	15 September Hours Due	16 <b>HAPPY BOSS'S DAY</b>	17	18 Laborers' Wellness Event
19	20	21	22 Pensioner Payday Local 42 Union Mtg.	23	24	25
26	27	28	29	30 Self Pay Due	31 	

This newsletter is a brief summary of your benefits. The Plan Document has final authority in the case of any conflicts or confusion as to Plan benefits.