



# BENEFIT *buzz*

## Laborers' Addiction Program

Did you know that the construction industry has almost twice the rate of substance abuse compared to the national average?<sup>1</sup> According to the Substance Abuse and Mental Health Administration, around 15% of all construction workers in the U.S. have a substance abuse disorder compared to 8.6% of the adult general population.<sup>1</sup>

An addiction could be to pain pills, alcohol or illegal drugs. Sadly, almost everyone knows someone who has an addiction or may be battling addiction themselves. In February of 2018, the Trustees, Consultants and **Benefit Office** Staff formulated a program to help our laborers and their dependents fight this devastating epidemic. This program is called the **Laborers' Addiction Treatment Program** and is available for all eligible Plan participants. We have now expanded our program from two treatment centers to three and are very happy to welcome **Sana Lake Recovery Center** into the Laborers' Addiction Program.

### Participating Treatment Centers

- Assisted Recovery Centers of America (ARCA): (314) 645-6840
- Clayton Behavioral Health: (314) 222-5830
- Sana Lake Recovery Center: (314) 478-0863

### Six-Month Comprehensive Outpatient Program that includes:

- Outpatient Detoxification
- Counseling-Individual, Group and Family
- Urine Drug Screenings
- Medication Assisted Treatment

### Other Program Highlights:

- 10% coinsurance will apply unless you have met your out-of-pocket maximum for the current year.
- If you have not met your annual deductible, it will be waived for this program.
- The patient enrolled in the program will be required to make 3 separate payments for co-insurance to the treatment center at specific times.

To participate in this program, please contact the **Benefit Office** at (314) 644-2777 ext. 2. If you are calling after hours, you may contact one of the three treatment centers listed above.

1. Bush, D.M., & Lipari, R.N. (2015). *Substance Use and Substance Use Disorder by Industry*. National Safety Council. (2017). *A Substance Use Cost Calculator for Employer*.

2357 59th Street  
 St. Louis, MO 63110  
 (314) 644-2777  
 (800) 489-0228  
 Fax: (314) 646-4440  
 www.stllaborers.com  
 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.

### May 2021 ISSUE

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**No Co-Pay**   
 **No Deductible** TELADOC.  
 **No Co-Insurance**

Contact Teladoc for all your telemedicine needs.\*

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



\*This benefit is for all Active and Non-Medicare eligible members.

**Check out the  
 NEW website!**  
[www.stllaborers.com](http://www.stllaborers.com)

# PENSION *buzz*



## 2021 Pension Check Dates

May 26th

June 23rd

July 28th

August 25th

September 22nd

October 27th

November 17th

December 15th

## Annual Alive & Well Affidavit

The Pension Department has been receiving calls from members regarding the yearly Are you Alive affidavit that needs to be completed and signed in front of a notary. **Don't worry! You didn't miss the mailing as we haven't mailed it to you yet.** We will be sending the forms once COVID slows down and more members are able to get to a notary.

## Direct Deposit

As always, if you are not currently taking advantage of having your pension check directly deposited in your bank account, we encourage you to do so. By selecting direct deposit:

- You avoid having to drive to the bank to cash or deposit your check.
- You get your direct deposit days sooner than if you have to wait for a paper check.
- You always have reliable, safe and quick deposits.

Call the Pension Department if you are interested in switching to direct deposit at (314) 644-2777 ext. 3.

## Pension Summary

Please keep in mind our pension plan year runs from May to April. We will be doing our annual pension summary mailing sometime in July 2021 to ensure all hours will be up to date and contributed on your behalf. As in past years, please review your summary and feel free to call the Pension Department at (314) 644-2777 ext. 3 with any concerns or discrepancies.

Remember, to become a participant in the new plan year you need to be contributed upon a minimum of 300 hours to start calculating accrual.

**Check out the NEW website! [www.stllaborers.com](http://www.stllaborers.com)**



# 2021 Wellness Program

Discover a healthier, happier you.

## Wellness Highlights

### ✓ FREE Money

Eligible members and covered spouses **must complete** the free, one-time H&H **Wellness Screening & Survey** no later than December 31, 2021, to receive a \$100 Gift Card!

### ✓ Easy to Participate

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

### ✓ Easy Registration

Register online or by calling H&H Health Associates (M-F, 8:30am-5pm CST) at (800) 832-8302.

Online registrants have access to their confidential test results & can quickly & easily complete the wellness survey. If you previously participated with H&H, you can view your historical data through H&H's online portal.

## The Wellness Program helps identify your health risks:

### Health Evaluation (Blood Draw)

- Total cholesterol, HDL, and LDL
- Triglycerides and fasting glucose
- Blood pressure
- And more! (Approximately 50 test results received.)

### Health Assessment Survey

- Eating and exercise habits
- Sleep routines
- Emotional patterns
- Heart risks and more

**Covered Members and Spouses will receive a \$100 gift card! \***

### Sign Up Online

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

New users enter

Sponsor Code: **LABORERS**

or Call (800) 832-8302  
between 8:30AM-5PM CST



*Free, Confidential & Convenient!*



\*Only one gift card per person per year will be awarded. You must be an eligible member or covered spouse under the Plan.

# Important Information: Forms

We send forms out regularly to participants which need to be completed and returned to the **Benefit Office**. These forms may include:

- COB (Coordination of Benefits) - Yearly
- Illness/Injury- As needed
- Beneficiary - As needed (i.e. marriage, divorce, etc.)
- Change Request - As needed (i.e. moved, adding dependent, etc.)



These forms are sent to keep information updated on you and your family and are important for processing claims and keeping files current. We have recently noticed that mail is taking a little longer to get back to the **Benefit Office**, so we encourage you to email or fax forms to the office when possible. You can also drop off the forms during regular office hours or in the after hours drop box.

You can email the forms to [benefits@stillaborers.com](mailto:benefits@stillaborers.com) or fax the forms to (314) 646-4440. You can still continue to mail forms. However, keep in mind that it may be delayed in getting to the office due to slower than normal mail delivery.

Lastly, if you have recently moved please contact the **Benefit Office** so we can send you a Change Request Form to have your address updated. The **Benefit Office** can only send mail to the address we have on file. So, if you have a new address or phone number please call the Office at 314-644-2777 ext. 2 so we can send out a change request form to update your information. (Even if you update your information with your Local, you still need to call our office as well.)

## In case you missed it...

Last month, we featured “Weekly Disability” in the Benefit Spotlight. In case you missed it, we wanted to give you a summary of the benefit.

The Weekly Disability is a weekly benefit that is offered to eligible Active members that are unable to work due to an injury or illness. This Benefit is only available to Active members, not their dependents.

### **Benefit Highlights**

- Benefit will begin on the 3rd working day following the date you became temporarily disabled.
- \$200 per week (excluding Saturdays and Sundays).
- 13 weeks maximum for each period of Disability.
- 8 hours towards Welfare and Pension will be applied for each day you receive the benefit.

To apply for this benefit, you must complete a Weekly Disability claim form along with your doctor that has deemed you disabled.

For questions regarding the Weekly Disability benefit or other benefits, please contact our office at (314) 644-2777 ext. 2. Also, if you need a copy of last month’s newsletter please let us know.

# Introducing: Sober Grid

We are very excited to introduce another outlet for our participants and their families that are battling addiction. Sober Grid is a sober community based social media platform that can be accessed anywhere at any time. It is simple to use and offers support and tools to you and your family to help you in your recovery from addiction.

## Sober Grid Support System includes:

- **Peer Coaches** - these are both males and females that are in long-term recovery and they have walked in your shoes and will help you through your journey.
- **24x7x365 Lifeline** - feel free to call anytime, anywhere the need arises that you would like to speak with a Peer Coach.
- **Sober Grid App (download)** - it's the largest social network for sobriety in the world, offers a positive environment and helps maintain your sobriety.

Sober Grid is free, confidential and anonymous. The information shared with a Peer Coach is HIPAA compliant and is not shared with anyone.

To get started, call their confidential and anonymous toll-free number at (855) 540-1277 or download their app (the link to download the app was sent in a recent email blast).



# Gift Card Winner: Crossword Puzzle

We would like to congratulate the winner of the gift card from the April Buzz edition...

**Thomas Black from Local 42**

We want to thank **Thomas** and all the other participants that took the time to read the Benefit Buzz and complete the crossword puzzle. Keep reading the Buzz every month and be on the lookout for your next chance to win!

# CONGRATULATIONS

# LABORERS'

BENEFITS • ST. LOUIS

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## MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5 	6	7	8
9 	10	11	12 Local 110 Union Mtg.	13	14	15 April Hours Due
16	17	18	19	20	21	22
23/30	24/31 Self Pay Due 	25	26 Pensioner Payday Local 42 Union Mtg.	27	28	29

## JUNE

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9 Local 110 Union Mtg.	10	11	12
13	14 	15 May Hours Due	16	17	18	19
20 	21	22	23 Local 42 Union Mtg. Pensioner Payday	24	25	26
27	28	29	30 Self Pay Due			

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.