



BENEFIT *buzz*

Is your mailbox full of forms?

We receive calls often from members and dependents asking about a form they received in the mail? So we wanted to take a moment to explain some of the common forms that we mail and the reason for those forms. Below are some of the most common:

- **Coordination of Benefits (COB)** - The COB form is mailed annually on your birthday month. This form updates other insurance coverage for you and/or your dependent(s) so we can ensure that we are processing claims correctly.
- **Accident Illness/Injury**—This form is mailed when we receive a claim with a diagnosis that could be related to an accident or injury. This form is needed to find out if someone else may be at fault (i.e. motor vehicle accident).
- **Change Request**—This form is required to be completed to add/remove a dependent, change your address, or add a newborn.

The forms are sent to keep information updated on you and your family and are important for processing claims and keeping files current.

As a reminder, every form the **Benefit Office** sends you requires a signature by the member. Some also require a signature from your spouse or your adult child. If forms are not signed, the **Benefit Office** will have to return them for a signature which will delay processing.

You can return your forms via mail, email at benefits@stllaborers.com or fax at 314-646-4440. 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.

Finally, we can only send mail to the address we have on file. Therefore, if you have a new address or phone number please call the **Benefit Office** at 314-644-2777 ext. 2 and we will send out a change request form to update your information. Keep in mind, even if you update your information with your Local, you still need to call our office as well.

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.

Please note the **Office**
will be closing at
3:30p.m. temporarily.

MAY 2020 ISSUE

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PENSION *buzz*



2020 Pension Check Dates

May 27th

June 24th

July 22nd

August 26th

September 23rd

October 28th

November 18th

December 16th

Pension Wall of Fame



Dennis Conley

He is a member of Local 110 and has been Laboring for 19 years!

After retirement, he is planning on relaxing, hunting, fishing and staying alive!



Edward Thein

He is a member of Local 110 and has been Laboring for 33 years!

After retirement, he is planning on traveling and fishing whenever I want.



Anthony Miller

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

After retirement, he plans on traveling with his girlfriend, spending more time hunting and fishing and maybe start a new career.

Happy Retirement!

PENSION *buzz*



Pension Wall of Fame



Edward Marshall

He is a member of Local 42 and has been Laboring for 34 years!

After retirement, he is looking forward to hunting, fishing, traveling and camping.

2020 Premium Auto Withdraw Dates

May 29th

June 26th

July 24th

August 28th

September 25th

October 30th

November 20th

December 18th

Stay Safe. Stay Well.

Due to the recent closure of our office for walk-ins, we understand it may be more difficult to get your paperwork and/or notarize the required documents. Therefore, we have designated an area at our office that will allow you to drop off and pick up paperwork or get documents notarized without contact.

Simply call our office before coming in and we will guide you through this process. You can reach the pension department at 314-644-2777 ext. 3.

LIVE LIFE WELL

Your wellness program shows you the way.

The 2020 Wellness Program is now underway!

Like last year, this **FREE** health screening (blood draw) is open to all eligible members and spouses. A **\$100 gift card*** will be given to all eligible members/spouses that participate in the screening.

Do you want to avoid the line at the onsite events? You can test-at-a-lab at your convenience. To test-at a-lab, you just need to register (see below) and pick the closest Lab Corp near you. Testing at a lab is quick and convenient. After you have tested, the **Benefit Office** will mail you the \$100 gift card a couple weeks later.

Test at a Lab: OPEN NOW! Avoid the lines and participate at a nearby lab now through November 30, 2020. Register online at www.myinteractivehealth.com or by phone 800-840-6100.

(New users enter sponsor code: XU8HV. Returning participants can use previous login info.)

Summer Event: Saturday, August 8th from 8:00am-11:30am
Laborers' Local 110 Union Hall
4532 S. Lindbergh Blvd. St. Louis, MO 63127

Health Fair: Saturday, September 19th from 7:30am-11:30am
Laborers' Local 42 Union Hall
301 S. Ewing Ave. St. Louis, MO 63103

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





*Only one card per person per year will be awarded.

Stay Safe and Well!

Benefit Spotlight: Delta Dental

We are going to start introducing a new section in the Benefit Buzz called the Benefit Spotlight. Periodically, we will feature a benefit and discuss the benefit and/or feature their website. This month, we will be featuring Delta Dental's website.

Delta Dental's website can be viewed through our website (www.stllaborers.com) by clicking on the "Benefit Provider" tab. Once you are there you will be able to...

-  Find a Dentist
-  View your Dental Claims
-  Take the "Oral Risk Assessment" to help you improve your oral health
-  Read the latest *Grin!* magazine

These are just a few of the great tools available on Delta Dental's website. Be sure to check their site along with your other benefit providers which is all available through www.stllaborers.com just click on the "Benefit Provider" tab.

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



Have you seen Buzz?

Since we are all spending more time at home lately, we thought it would be a good time to hide Buzz. This time we are hiding him in three places throughout the newsletter.

Keep in mind, Baby Buzz will be a smaller version of Buzz that is on the front page.

Once you find all three, send us an email at benefits@stllaborers.com and tell us everywhere baby Buzz was hiding! You can also circle them on the newsletter and mail it to our office. At the end of May, we will put all the entries in a drawing to win a \$25 gift card.

GOOD LUCK!

LABORERS'

BENEFITS • ST. LOUIS

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Your Member Assistance Program*

800-617-0858

Real people. Real life. Real solutions.


Or log on to liveandworkwell.com
Access code: laborers

*The MAP benefit is for all Active and Non-Medicare eligible members.

MAY

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

JUNE

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