



# BENEFIT *buzz*

## MARATHON HEALTH: *Now Offering Physical Therapy*

If you're dealing with chronic or acute pain in your neck, back, arms, or legs—you need to call Marathon Health. They're here to get you moving again with **NO out-of-pocket costs!**

Their physical therapist will evaluate your condition, provide personalized care to help you self-manage your condition, and offer targeted therapy techniques to aid in your recovery. **Best of all, you do not need a referral to make an appointment!**

### AVAILABLE SERVICES

- Acute and Chronic Injury Care
- Pain Management
- Strengthening and Conditioning
- Prevention-based Assessments
- General Worksite and Ergonomic Evaluation
- Occupational Health Assessments and Testing



Marathon Health offers a convenient, all-inclusive healthcare option with **no out-of-pocket costs for all Active and Non-Medicare covered members and their families.** They also offer same-day or next-day appointments and 24/7 access to your Marathon Health physician for urgent needs.

To schedule an appointment call (314) 380-3014 or visit [my.marathon.health](http://my.marathon.health).

And don't forget to download the Marathon Health app for even easier access to care!



Note: Marathon Health Centers are only available for Active and Non-Medicare Retirees.

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.

### April 2026 Issue

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- ADDICTION
- MENTAL HEALTH
- SUPPORT

**844-691-5326**

Laborers' Supporting Laborers'  
 Available 24/7  
 100% Confidential



# PENSION *buzz*



## Pension Wall of Fame



### Jeffrey Herzog

He's a proud Local 110 member with 30 years of hard work behind him.

As he begins his retirement, he's excited to spend more time with his wife and kids. "I'm 47, so we still have young kids just starting club sports," he shared. "I'm looking forward to being more present for that in the near future. Along with continuing dirt track racing."



### Mark Arnold

He's a proud Local 110 member with 26 years of hard work behind him.

In retirement, he's looking forward to relaxing and paying off his house.

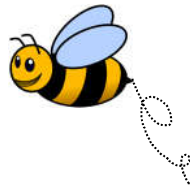
*Congratulations on your  
Retirement!  
-The Laborers' Benefit Office*

## 2026 Pension Check Dates

**April 22nd**  
**May 27th**  
**June 24th**  
**July 22nd**  
**August 26th**  
**September 23rd**  
**October 28th**  
**November 18th**  
**December 16th**

# Don't Miss your Chance to Win a \$25 VISA Gift Card!

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



- WELLNESS
- HEALTH
- AETNA
- PENSION
- CREDIT
- MARATHON
- MOBILE APP
- VESTED
- TRANSFER
- BENEFITS
- CLAIMS
- SPRING
- LEAN STL
- LABORER

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

All entries are due by May 30th!

## Don't forget we have a mobile app!



The mobile app allows you to have access to your health benefits at your fingertips as well as keeps you informed of important events and benefit news.



To get started, it's simple!

Download the **Viveka Health** app using the QR Code or in the App Store.



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.

ANYTIME

TEST AT  
A LAB

at an Approved  
Walk-In Clinic

OR BY PHONE



800.832.8302

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



REGISTER!

## 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.

# LEAN STL: Support When You Need It Most

The **LEAN STL** Program stands for “**Laborers’ Escaping Adversity Now.**” It is a peer support program for Laborers and their families who are facing challenges with mental health, substance use, or personal crises.

**LEAN STL** is led by trained peers with lived experience. They not only understand these struggles—they’ve faced them themselves and have worked in the field. Their firsthand experience allows them to offer real support, understanding, and guidance on your path to recovery and mental health wellness. They will be with you every step of the way.

No one has to face challenges alone. **We’re here—LEAN on us!**

Call **LEAN STL** at (844) 691-5326 to speak with a peer specialist.

Available 24/7 | 100% Confidential



## MARCH RECAP: *Wellness Program Results*

### TAKE THE NEXT STEP: Share your results with your doctor.

Completing your wellness screening is the first step toward better health—but don't stop there. Share your results with your doctor. They can help you understand your results, identify any concerns and create a path forward to improve your health.

Sharing your results with your doctor helps ensure nothing is overlooked. They can also compare your results with your medical history, medications and any other potential risk factors, and continue monitoring any health concerns overtime.

If you do not have a primary care physician, now is the perfect time to choose one. Marathon Health offers **eight FREE health centers** that can serve as your **primary care provider**. Best of all, **there are no out-of-pocket costs**.

- Chesterfield
- Creve Coeur
- Florissant
- South County
- Farmington
- Washington
- Fairview Heights
- St. Peters

To schedule an appointment, call (866) 808-6005 or visit [my.marathon.health.com](https://my.marathon.health.com).

Note: Marathon Health Centers are only available for Active and Non-Medicare Retirees.



# LABORERS'

BENEFITS • ST. LOUIS

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• ADDICTION  
 • MENTAL HEALTH  
 • SUPPORT

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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 	28	29	30
			Local 42 Union Mtg.			



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 Happy Father's Day!	22	23	24 	25	26	27
28	29	30 Self Pay Due				
			Local 42 Union Mtg.			