



BENEFITbuzz



Member Assistance Program (MAP)

Sometimes life can feel overwhelming, and you may not know where to turn. The Member Assistance Program (MAP) is there to help.

Counselors and other specialists are available **24 hours a day, 7 days a week** for you and your family. If you feel like you need to talk to someone, call **Aetna Resources for Living at (888) 238-6232**.

6 FREE MAP Visits Per Issue

Members can access **6 FREE MAP visits per issue, per calendar year**. If you need additional visits after your six MAP visits, you can continue receiving care through your behavioral health benefit.

Support is available for a variety of concerns, including:

- Stress Management
- Anxiety / Depression
- Grief Counseling
- Financial / Legal Concerns
- Family / Marriage Counseling



Don't feel like talking? No problem! **Aetna Resources for Living** also offers a helpful website where you can:

- Search for doctors and providers
- Access virtual help centers for everyday work and life issues
- Use financial calculators
- Participate in self-improvement programs

Visit **resourcesforliving.com** and use the username **LABORERS** and access code **MAP**.

**This benefit is for all Active and Non-Medicare*

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
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'26 Monthly Newsletter

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- SUBSTANCE USE
- MENTAL HEALTH
- SUPPORT

844-691-5326

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



PENSION *buzz*



Pension Wall of Fame

Richard Edmiston

He's a proud Local 42 member with 15 years of hard work behind him. He still remembers his first day as a laborer—he was working at the Taum Sauk reservoir. Over the years, Richard has learned the importance of taking care of himself on the job: *"Take care of your body because it's your best tool."*

His advice to younger members just starting their careers is simple: *"Stick with it. It will pay off."*



Doug Reynolds

He's a proud Local 110 member with 30 years of hard work behind him. He still remembers his first day as a laborer—he was working at Truman Nursing home and thinking, *"What have I gotten myself into?"*

His advice to younger members just starting their careers is simple: *"Always stay and look busy".*

As he enters retirement, he looks forward to spending more time with his family.



2026 Pension Check Dates

September 23rd
October 28th
November 18th
December 16th

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

RECAP: STL Benefit Office Mobile App

Members now have a new and improved way to access benefit information right from their phones. The app allows you to view insurance cards, check eligibility, access claims information, search providers, and stay up to date on important benefit information and events.

Members who are **currently registered in the Viveka Health app** will see a message when they open the app directing them to download and begin using the **new STL Laborers' Benefit Office app**.

Download the app today and take your benefits with you wherever you go!



CVS Virtual Care

CVS Virtual Care offers telehealth services from anywhere, anytime with No Out-of-Pocket Costs. From colds and chronic conditions to mental health, CVS Virtual Care offers trusted, in-network providers.

24/7 Care: For adults and children over 18 months

Get treatment for:

- Coughs, colds, flu and strep
- Joint, head, and stomach pain
- Infections (ear, sinus, skin, UTI)
- Medication refills
- And more

Mental Health Services available from 8am to 7:30pm local time.

For adults and children* aged 13 and up

Get treatment for:

- Anxiety and mood disorders
- Depression screening
- Medication management
- Support with stress, life adjustments and conflict resolution
- Sleep and related health behaviors
- And more



To schedule a virtual care visit call (866) 211-5678, register online at CVS.com/virtual-care or scan the QR code to download the app.



*Adolescent mental health services are limited to counseling only. Mental health medication management and psychiatry services remain available only for adults 18+ .

Note: CVS Virtual Care is only available for Active and Non-Medicare covered participants.

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

REGISTER ONLINE

wellness.hhhealthassociates.com

NEW Users Code: LABORERS

EXISTING Users: Username (email)
& Password



OCTOBER

24TH 7:30 to 11:30

at Local 42
301 S. Ewing Ave.

- 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.

Vacation Checks

As we approach November, we are preparing to start the vacation check process. We encourage you to check your vacation hours and make sure your address is correct.

You can check this a couple of ways:

- Online at stllaborers.com using your I-Site login.
- You can call the **Benefit Office** at 314-644-2777 ext. 2.

If you have recently moved, contact our office to update your address.

Remember, address updates can only be updated by the member.

Cheques de vacaciones

A medida que nos acercamos a noviembre, nos estamos preparando para iniciar el proceso de cheque de vacaciones. Le recomendamos que verifique sus horarios de vacaciones y se asegure de que su dirección sea correcta.

Puedes comprobar esto de dos maneras:

En línea en stllaborers.com utilizando su inicio de sesión de I-Site.
Puede llamar a la **Oficina de Beneficios** al 314-644-2777 ext. 2.

Si se mudó recientemente, comuníquese con nuestra oficina para actualizar su dirección.

Recuerde, las actualizaciones de direcciones solo las puede realizar el miembro.

SUICIDE PREVENTION MONTH

September is Suicide Prevention Awareness Month...did you know suicide is the 12th leading cause of death in the US, according to the Centers for Disease Control and Prevention.

Take a minute to help raise awareness, start a conversation, and make a difference. Asking someone how they are doing and truly listening can save lives.

SUICIDE WARNING SIGNS

Dramatic Changes in mood or behavior.
Feeling like they are a burden to others.
Frequently talking about death.
A history of suicidal behavior.
Increased Substance use.
Withdrawing or Isolation from others.



If you or someone you know is struggling with suicidal thoughts, you are **NOT ALONE**.

Call 988 anytime, day or night, to speak to someone if you or someone you know is contemplating suicide.

The Suicide & Crisis Lifeline is free and completely confidential.

LABORERS'

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September

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

October

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

Self Pay

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.