



# BENEFIT *buzz*

## Coming Soon & Introducing: Everside Health Clinics

We are excited to introduce a newly added benefit, Everside Health Clinics for all covered individuals\*. The clinics offer an easy, more convenient, all-inclusive healthcare option with no out-of-pocket costs.

### **Benefit Highlights**

No copay, no deductible for most services, including office visit, generic prescriptions and lab work.

In-person and virtual care services at 5 convenient clinic locations with 3 additional locations opening in Spring 2022.

Same and next-day appointments with 24/7 access to your Everside Health clinic physician for urgent needs.

### **Available Services**

- Physicals
- Sick Visits
- Chronic Care Management
- Immunizations
- Labs
- Behavioral Health
- And more.

**Check out the enclosed flyer to see everything Everside Health has to offer. Watch your mail/email for a “Coming Soon” postcard and a “Welcome” packet.**

For more information on Everside Health, visit [eversidehealth.com/stlouislaborers](http://eversidehealth.com/stlouislaborers).



\*Everside Health Clinics is available to all Active and Non-Medicare covered members.

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.

### January 2022 ISSUE

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**Your Member Assistance Program\***  
**800-617-0858**

**Real people. Real life. Real solutions.**  
Or log on to [liveandworkwell.com](http://liveandworkwell.com)  
**Access code: laborers**

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

# Greater St. Louis Construction Laborers' Welfare Fund has partnered with Everside Health as part of **your benefits package.**



## Offering comprehensive primary care with no out-of-pocket costs.

Greater St. Louis Construction Laborers' Welfare Fund members and dependents on your health plan can access Everside locations across the St. Louis areas, including virtual care and 24/7 access to your provider for emergencies. Everside providers and clinicians are dedicated to your healthcare and are easy to reach at convenient locations near your home or work, as well as virtually (by phone or video).

## Locations

More locations opening in 2022

  
**Chesterfield**  
 1574 Woodlake Dr.  
 Chesterfield, MO 63017  
 636-489-1219

**Mon.** 8 a.m. – 5 p.m.  
**Tue.** 8 a.m. – 5 p.m.  
**Wed.** Closed  
**Thu.** 8 a.m. – 5 p.m.  
**Fri.** Closed

  
**Creve Coeur**  
 11770 Olive Blvd.  
 Creve Coeur, MO 63141  
 314-380-3014

**Mon.** 8 a.m. – 5 p.m.  
**Tue.** 8 a.m. – 5 p.m.  
**Wed.** 8 a.m. – 5 p.m.  
**Thu.** 8 a.m. – 5 p.m.  
**Fri.** 8 a.m. – 5 p.m.

  
**Jason Mehrstens, MD**  
*Tuesday only*  
  
**Medical Assistants**  
 onsite M-F

  
**Florissant**  
 245 Dunn Rd.  
 Florissant, MO 63031  
 314-820-0733

**Mon.** 8 a.m. – 5 p.m.  
**Tue.** 8 a.m. – 5 p.m.  
**Wed.** 8 a.m. – 5 p.m.  
**Thu.** 8 a.m. – 5 p.m.  
**Fri.** 8 a.m. – 5 p.m.

  
**Jessica Smith, MD**

  
**South County**  
 4850 Lemay Ferry Rd., 115  
 St. Louis, MO 63129  
 314-279-9222

**Mon.** 8 a.m. – 5 p.m.  
**Tue.** 8 a.m. – 5 p.m.  
**Wed.** 8 a.m. – 5 p.m.  
**Thu.** 8 a.m. – 5 p.m.  
**Fri.** 8 a.m. – 5 p.m.

  
**Jason Mehrstens, MD**

  
**St. Peters Health Center**  
 5700 Mexico Rd., 16  
 St. Peters, MO 63376  
 636-224-8445

**Mon.** 8 a.m. – 5 p.m.  
**Tue.** 8 a.m. – 5 p.m.  
**Wed.** 8 a.m. – 5 p.m.  
**Thu.** 8 a.m. – 5 p.m.  
**Fri.** 8 a.m. – 5 p.m.

  
**Paul Angleton, MD**

## Services

- Cost savings with \$0 copay for most services, including generic drugs and lab work
- Easy access to care when you need it, with in-person and virtual care services at convenient clinic locations
- Care for everything from routine check-ups and urgent needs to healthy lifestyle coaching and chronic condition management for the entire family
- Same and next-day appointments with 24/7 access to your providers for urgent needs



Get the app and schedule an appointment today at any of our convenient locations.

Call 866-808-6005 or visit [members.eversidehealth.com](https://members.eversidehealth.com)

Learn more at [eversidehealth.com/stlouislaborers](https://eversidehealth.com/stlouislaborers)



# Our services

## In-person and virtual care (for adults and children)

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be offered in Everside Health Centers (not a complete list). Our onsite providers make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

Primary and preventive care		Labs
<ul style="list-style-type: none"> <li>Acute illness visits &amp; treatment*</li> <li>Basic vision screening (color &amp; near vision)</li> <li>Biometric screening</li> <li>Blood pressure and vitals screening</li> <li>Chronic condition management*</li> <li>Comprehensive personal evaluation including routine checkups*</li> <li>Coordination with other providers (e.g., specialists, hospitals)*</li> </ul>	<ul style="list-style-type: none"> <li>Depression &amp; anxiety*</li> <li>Fitness &amp; nutrition coaching*</li> <li>Health risk assessment*</li> <li>Hearing screening (audiometry)</li> <li>Lifestyle &amp; risk-reduction coaching*</li> <li>Onsite medications at no cost</li> <li>Pediatric visits*</li> <li>Pre-op evaluations &amp; clearance</li> <li>Routine adult physicals</li> <li>Sports physicals</li> <li>Women's health</li> </ul>	<ul style="list-style-type: none"> <li>Basic metabolic panel</li> <li>Blood draws &amp; sample collection</li> <li>Cholesterol</li> <li>Hemoglobin A1c</li> <li>Pregnancy test</li> <li>Screening for diabetes</li> <li>Strep throat test</li> <li>Urinalysis</li> </ul>
Procedures		Behavioral health
<ul style="list-style-type: none"> <li>Asthma/Pulmonary treatments</li> <li>Basic ENT procedures</li> <li>Basic wound care</li> <li>Dermatological procedures including mole removal</li> <li>Ingrown toenail removal</li> </ul>	<ul style="list-style-type: none"> <li>Skin biopsy (lab not included)</li> <li>Skin cyst removal</li> <li>Skin tag &amp; wart removal (cryo)</li> <li>Stitches</li> <li>Suture/Staple removal</li> </ul>	<ul style="list-style-type: none"> <li>Anxiety assessment &amp; treatment*</li> <li>Depression assessment &amp; treatment*</li> </ul>
Immunizations		Diagnostic testing & vitals
<ul style="list-style-type: none"> <li>Flu vaccine</li> <li>Hepatitis A series</li> <li>Hepatitis B series</li> <li>HIB (haemophilus)</li> <li>HPV series (human papilloma virus)</li> <li>Meningococcal</li> <li>MMR (measles, mumps, rubella)</li> </ul>	<ul style="list-style-type: none"> <li>Pneumococcal</li> <li>Polio</li> <li>Rotavirus</li> <li>Td (tetanus, diphtheria)</li> <li>Tdap (tetanus, diphtheria, pertussis)</li> <li>Varicella (chicken pox)</li> </ul>	<ul style="list-style-type: none"> <li>Blood pressure &amp; vitals</li> <li>EKG</li> <li>Peak flow testing</li> <li>Spirometry</li> </ul>

### Health portal: Visit [members.eversidehealth.com](https://members.eversidehealth.com) to get access

- Available 24/7
- Download your personal health record
- Email your provider securely
- Make and manage prescriptions from your provider
- Manage your membership
- Request refills and view prescriptions

\*Available for virtual appointments. Follow-up in-person care will be coordinated with your provider if needed.



**Get the app and schedule an appointment today at any of our convenient locations.**

Call 866-808-6005 or visit [members.eversidehealth.com](https://members.eversidehealth.com)

Learn more at [eversidehealth.com/stlouislaborers](https://eversidehealth.com/stlouislaborers)



# PENSION *BUZZ*



## 2022 Pension Check Dates



### Robert Cory

He is a member of Local 110 and he has been Laboring for 32 years!

After retirement, he is planning on drinking lots of tequila.

He is most excited to not wake up to an alarm clock.



### Brad Szpotanski

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

After retirement, he is planning on fishing, camping and relaxing.

He is most excited to not have a long commute to work anymore.



### Dennis Miller

He is a member of Local 42 and he has been Laboring for 27 years!

After retirement, he is planning on relaxing and tinkering with hot rods.

He is most excited to have more free time.

February 23rd  
March 23rd  
April 27th  
May 25th  
June 22nd  
July 27th  
August 24th  
September 28th  
October 26th  
November 16th  
December 14th

Stay current on news and events at [www.stllaborers.com](http://www.stllaborers.com)!

# At-Home COVID Tests

Beginning Saturday, January 15th, we will be covering at-home COVID tests through **reimbursement only**. The reimbursement will only be for tests purchased on or after January 15th. We will cover 8 at-home tests per month per covered individual\* in your family. To clarify, if a test is a 2-pack, this is considered two tests. We will cover (4) 2-pack tests per month per covered member and dependents.

To be reimbursed for your at-home COVID test(s) we will need the following:

- Completed Attestation Form. This form is included in this newsletter and can be found online.
- A copy of your paid receipt.
- The UPC labels from the test kit(s).

You can submit the documents to the [Benefit Office](#) by mail, fax to (314) 646-4440, or email the claims department at [claims@stllaborers.com](mailto:claims@stllaborers.com).

If you have questions, call the [Benefit Office](#) at (314) 644-2777 ext. 2.

*\*This applies to all Active and Non-Medicare covered members and their covered dependents.*



## Are you working for one of the below companies?

Do you work for one of the companies and are planning on retiring soon?

- Beco Concrete
- General Materials
- Independent Pipe
- U.S. Silica

**If answered yes, please pay attention.** If you work for one of these companies, your pension hours are probably being reported to the International Union, and your welfare hours to our office.

**Why is this important?** When you get ready to retire, you will file your pension with International Union, and you will need to contact our office to discuss your welfare benefits. We want to make sure you take advantage of the benefits you have earned.

Please contact the [Benefit Office](#) at 314-644-2777 ext. 3 to discuss this further.

**OTC COVID-19 Rapid Home Testing Kit Attestation Statement**

For use effective January 15, 2022 through the end of the  
COVID-19 Public Health Emergency

I \_\_\_\_\_ [print full name of participant], hereby attest that the over-the-counter COVID-19 rapid home testing kit (s) I purchased on \_\_\_\_\_ [enter date] for either myself and/or my dependent(s) who are currently enrolled in the Greater St. Louis Construction Laborers' Welfare Plan were purchased for personal diagnostic testing use only. In addition, I hereby attest the testing kit(s):

- (1) were not purchased as a condition of employment or for employment purposes;
- (2) have not been, and will not be, financially reimbursed by another source;
- (3) will not be for use by any individual other than myself or my dependents who are enrolled in the Plan; and
- (4) will not be re-sold to a third-party.

I do hereby attest that this information is true, accurate and complete to the best of my knowledge, and I understand that any falsification of material fact may subject me to full repayment of such reimbursed testing kit(s) to the Plan.

Attached to this document is my receipt showing proof of purchase. Documentation must include the UPC code for the test and a receipt from the seller of the test documenting the date of purchase and price.

\_\_\_\_\_  
Signature of Plan Participant

\_\_\_\_\_  
Printed Name of Plan Participant

\_\_\_\_\_  
Date Signed

# GET A FREE **\$100 GIFT CARD** WHEN YOU GET A COVID-19 VACCINE\*

VACCINES ARE FREE.  
AVAILABLE AT MOST PHARMACIES.

TAKE A  
SHOT  
TO STOP  
COVID-19

If you are a member or spouse that is covered under the Plan and received your full COVID-19 vaccine\* **on or after August 18, 2021**, you may be eligible to receive a **FREE \$100 Gift Card**.

Send us a copy of your COVID-19 Vaccination Record Card to receive the \$100 Gift Card.

**Mail:** Laborers' Benefit Office  
2357 59th St. St. Louis, MO 63110

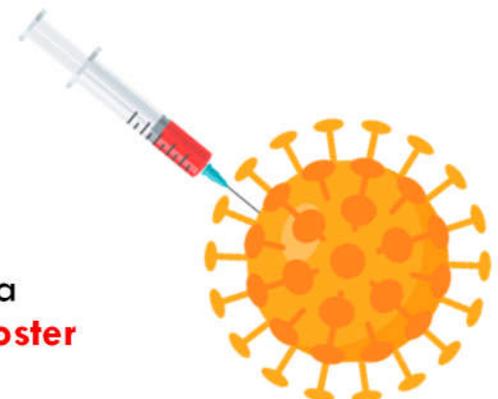
**Fax:** (314) 646-4440

**Email:** [benefits@stllaborers.com](mailto:benefits@stllaborers.com)

After your eligibility is checked and your COVID-19 Vaccination Record Card is received and verified, we will mail you a **FREE \$100 VISA gift card**.

If you have questions or need to know where you can get a vaccine, call the **Benefit Office** at (314) 644-2777 ext. 2.

\*In order to be eligible you must be fully vaccinated with a COVID-19 one shot or two shot dose. **Receiving your booster dose not qualify you for the \$100 gift card.**



# In case you missed it...

## Were you recently told you are not insured?

Did you recently have a visit with your provider (i.e., doctor, urgent care, etc.) and were told you are not insured? We received several calls from participants that were told this when they went to their doctor.

We have found that providers are confusing our group with the UnitedHealthcare Commercial Group; therefore, they are verifying eligibility under the wrong plan. We are NOT part of the commercial plan; we are a UnitedHealthcare Shared Service Group.

### There are two ways providers can verify eligibility...

- 1) Call (888) 830-0179.
- 2) Visit the website, [uhss.umar.com](http://uhss.umar.com).



MEMBERS: 800-489-0228 / <a href="http://stllaborers.com">stllaborers.com</a>	
MEDICAL & MENTAL HEALTH PROVIDERS: 888-830-0179 / <a href="http://uhss.umar.com">uhss.umar.com</a>	
CLAIMS: EDI#39026, UHSS PO Box 30783 Salt Lake City, UT 84130-0783	
PRIOR AUTHORIZATION: 866-847-5354	
MAP: STL Laborers' Member Assistance Prog. 800-617-0858 / <a href="http://liveandworkwell.com">liveandworkwell.com</a>	
Pharmacy: OptumRx at 855-577-6319 <a href="http://optumrx.com">optumrx.com</a>	Dental: Delta Dental of Missouri at 800-335-8266 / <a href="http://deltadentalmo.com">deltadentalmo.com</a> Electronic Payor ID#: 43090
 BIN: 610011 Grp: SLCLWF PCN: IRX	Vision: Vision Service Plan (VSP) at 800-877-7195 / <a href="http://vsp.com">vsp.com</a>
Provided by the Greater St. Louis Construction Laborers' Welfare Fund 2357 59th St., St. Louis, MO 63110. Refer to your Summary Plan Description for coverage details at <a href="http://www.stllaborers.com">www.stllaborers.com</a> .	

This information is also listed on the back (see below) of your insurance card. Keep in mind, this only applies to the participants covered under the Active or Non-Medicare group.

### If you, the participant, are not sure if you are insured, you can verify your eligibility two different ways.

- 1) Online: [www.stllaborers.com](http://www.stllaborers.com) through the I-Site portal.
- 2) Phone: (314) 644-2777 ext. 2.

## FAQ Frequently Asked Questions

### Q When are Self-Pay affidavits mailed to members?

A Generally Self-Pay affidavits are mailed the 3rd week of the end of a quarter. We mailed the Self-Pay affidavits on December 21st for members losing coverage on January 1st.

### Q When is the Self-Pay affidavit and payment due for January coverage?

A You have until January 31st to send in the affidavit and payment. However, you will not be eligible after December 31st until we receive the affidavit and payment. Once we receive the affidavit and payment, we will backdate your coverage to January 1st.

### Q How many quarters can I Self-Pay for coverage?

A You can elect Self-Pay for up to two quarters. If you do not have enough working hours to have coverage after two quarters, we will offer you COBRA continuation coverage.

However, If you become insured with working hours and then lose your coverage, you will be eligible for Self-Pay again for up to two quarters.

# LABORERS'

BENEFITS • ST. LOUIS

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.

- 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



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

# FEBRUARY

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 January Hours Due	16	17	18	19
20	21	22	23 Pensioner Payday Local 42 Union Mtg.	24	25	26
27	28					

# MARCH

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 February Hours Due	16	17 	18	19
20	21	22	23 Pensioner Payday Local 42 Union Mtg.	24	25	26
27	28	29	30	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.