



# BENEFIT *buzz*

## 2020 Wellness Program Results!

We just wrapped up another successful Wellness Program and we are excited to announce that the 2021 Wellness Program is now open! Last year was challenging like everything in 2020 since we could not have any onsite events due to the pandemic. With that being said we still had a great turnout and would like to share the results.

For those of you that are newly insured with the Laborers', the Wellness Program is a free benefit that is offered to our eligible members and covered spouses to achieve better health. The program allows members and covered spouses to get an accurate picture of their current health status through a health evaluation (blood draw) and Health Assessment Survey.

### Interesting Insights

- 579 members/spouses participated.
- 29% were considered "High Risk".  
These participants were unaware they had a chronic condition (i.e. diabetes, high cholesterol, etc.) or they do not have it under control.
- 45% of participants have trouble coping with stress.
- 87% of participants screened have a primary care physician. Of those, only 20% received their **FREE** annual wellness visit.

### Most Common Areas of Concern

- Heart Disease
- Diabetic Risk
- Thyroid Issues
- Prostate Health (for males)

We believe that The Laborers' Wellness Program has a lot to offer and can help our members and their spouses take important steps towards living a healthier lifestyle. We hope you will join us again this year in building the culture of health within The Fund as we strive to make every one of us healthier in 2021.

*Check out the 2021 Wellness Program details on page 3!*

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

### Temporary Office Hours

Monday-Friday  
7:00 a.m.-3:30 p.m.

### Temporary Phone Hours

Monday-Friday  
7:30 a.m.-3:30 p.m.

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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.

**The NEW website  
is now LIVE!  
stllaborers.com**

# PENSION *buzz*



## 2021 Pension Check Dates

### Annual Alive & Well Affidavit

We have been getting several calls regarding the Annual Alive and Well Affidavit. This is a required notice that is mailed to all Retirees in January. The Annual Alive and Well Affidavit normally requires you to sign in front of a notary and return it to the Fund office.

**Due to COVID-19, we have decided to delay mailing the Annual Alive and Well Affidavit.** We do not want to jeopardize our Retirees by having them go into a public setting to have the affidavit notarized and possibly put their health at risk. Your pension will not be affected due to the delay in mailing the affidavit.

We will revisit the situation in a few months and keep you informed on how we will handle this mailing.

February 24th  
March 24th  
April 28th  
May 26th  
June 23rd  
July 28th  
August 25th  
September 22nd  
October 27th  
November 17th  
December 15th

### Retiree Re-Employment Notification

You should have received the annual mailing for the Retiree Re-Employment Notification letter. All current Retirees need to read this letter then sign the bottom and send it back to the Fund office. You can mail the letter back to the Fund office, fax it to (314) 645-6226 or email to [pension@stllaborers.com](mailto:pension@stllaborers.com).

The purpose of this letter is to remind Retirees that they acknowledge the rules of the Plan regarding disqualifying employment.

If you have not received the above letter or have questions about the letter, please call the Pension Department at 314-644-2777 ext. 3.

**The NEW website is now LIVE! [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.

# Benefit Spotlight: Vision

This month we are featuring the vision benefit which is through Vision Service Plan “VSP.”

The vision benefit is available for all eligible Active and Non-Medicare Retirees. This benefit covers one vision eye exam every 12 months along with contacts or glasses if needed. Below is a brief breakdown of your vision benefits.

Benefit	Participating Provider Benefit	Non-Participating Provider Benefit
Vision Exam	\$10 copay	Up to \$38 copay
Lenses	Covered in full after the \$20 copayment.	Up to \$110 copay
Frame	Up to \$180 allowance	Up to \$50 allowance
Contact Lenses	\$300 allowance for exam and contacts	Up to \$170

For a full breakdown of your vision benefit, refer to your Summary Plan Description (SPD) which is available online at [stllaborers.com](http://stllaborers.com). If you would like a copy mailed to you, please contact the **Benefit Office** at (314) 644-2777 ext. 2.

You can also access special offers with VSP online at [vsp.com](http://vsp.com). For questions regarding this benefit or other benefits, please call the **Benefit Office** at (314) 644-2777 ext. 2.

## Buenas noticias!

El español es su primer idioma? Si es así, tenemos intérpretes en nuestra oficina los cuales pueden asistirle con cualquier pregunta sobre diversos beneficios disponibles para usted. Estos beneficios incluyen: traducción de formularios, reclamos, seguros medicos, horas vacacionales, transferencias de horas y/o pension. Si esta información es de ayuda para usted, no dude por favor en contactar nuestra oficina al (314) 644-2777 con horario de Lunes a Viernes de 7:30 AM a 3:30 PM.

## Exciting News!

**Is Spanish your first language?** If so, we have someone in our office who can assist you. If you have questions regarding Benefits available to you, please contact our office and a translator can help you. This assistance includes any questions you may have about forms, claims, health insurance, transferring hours, pension, or vacation hours. Please contact our office at 314-644-2777. We are open Monday-Friday, 7:30 am– 3:30 pm.

# COVID-19 Vaccine

As COVID-19 vaccinations are on the somewhat distant horizon for the general population, there are probably many questions that everyone has. We are hoping to answer some of those questions and possibly ease some nerves with this Q&A article.

**Q: Who pays for the COVID vaccine?**

**A:** The government is currently paying for the vaccination, so there should be no cost to you.

**Q: Who pays for the administration of the vaccine?**

**A:** Insurance companies, Benefit Plans, etc. pay for the cost of the administration. There will be no costs to covered participants who are in our Plan.

**Q: Do we have to stay in-network when receiving our vaccination?**

**A:** No. There are no network limitations for coverage of the vaccination. If you go out-of-network or stay in-network, there will be no cost to you for the vaccination.

**Q: Where can I go to receive my vaccine?**

**A:** You are able to go to any provider that is administering COVID vaccines. Coverage is required regardless of the place of administration.

**Q: Will I have to pay up front for my vaccine?**

**A:** You should not have to pay up front for your vaccination. If there is a provider that is insisting on payment up front, you should contact the **Benefit Office** to report the provider.

If you choose to receive your shot and pay the provider up front, please call the **Benefit Office** and we will request a copy of your paid receipt from you. You will be reimbursed the full amount charged for the vaccine. Remember, this should not be common.

If you have any questions related to the COVID-19 vaccine or another benefit, please call the **Benefit Office** at (314) 644-2777.



**The NEW website is now LIVE! [www.stllaborers.com](http://www.stllaborers.com)**

# LABORERS'

BENEFITS • ST. LOUIS

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- 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

## MARCH

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

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