

# Happy Holidays



# BENEFIT buzz

## New Medical Network: Aetna

As most of you are aware, we will be changing medical networks effective January 1, 2026. Aetna will be our new medical network and managed care administrator. We wanted to take a moment to answer some of the questions we have received.

### Will my medical and mental health benefits be the same?

Yes. Your benefits will not be impacted by the move to Aetna. You will have the same copays, deductible and co-insurance.

### Will my prescription coverage be changing?

No. Your prescription, dental, or, vision benefits will not be changing.

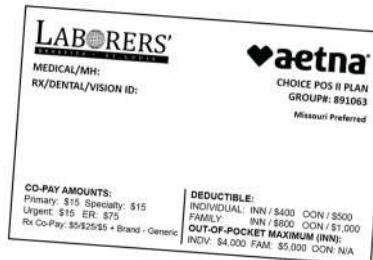
### What is the name of the Member Assistance Program (MAP)?

The Member Assistance Program (MAP) is called **Resources for Living**. You will continue to receive six free visits per issue, per year.

You can access the MAP Program online at [resourcesforliving.com](http://resourcesforliving.com) or by phone at (888) 238-6232.

Username: **LABORERS**

Access Code: **MAP**



### Can I still use Teladoc for telemedicine services?

No. Beginning January 1st, your telemedicine services will be through **CVS Health Virtual Care**. Like Teladoc, **CVS Health Virtual Care** services will not be subject to copays, deductibles, or co-insurance.

To schedule a virtual care visit, go to [www.CVS.com/virtual-care](http://www.CVS.com/virtual-care), download the app or call (866) 211-5678.

By now you should have received your new insurance card. You will need to present this card to your doctor beginning January 1st. If you have not received your card or need additional cards, please call the **Benefit Office** at (314) 644-2777, ext. 2.

**Please note:** This change does **not** impact Medicare-covered retirees.

2357 59th Street  
St. Louis, MO 63110  
(314) 644-2777  
(800) 489-0228  
Fax: (314) 646-4440  
[www.stlaborers.com](http://www.stlaborers.com)  
[benefits@stlaborers.com](mailto:benefits@stlaborers.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.

December 2025 Issue

New Medical Network: Aetna	1
Pension Buzz	2
Recap & Save the Date	3
Marathon Health	4
Mobile App & ¿Hablas español?	5

**New Hours at**  
our Farmington Location

Monday 9am-7pm  
Wednesday 9am-7pm  
Friday 9am-7pm

### Marathon Health Center

755 Maple Valley Drive  
Farmington, MO 63640  
(573) 586-4393



# PENSION**buzz**



## Pension Wall of Fame



### William McCoy

He's a proud member of Local 42 and has been laboring for 34 years!

After retirement, he is looking forward to being at his beach house in Puerto Rico.



### Brian Juliette

He's a proud member of Local 110 and has been laboring for 30 years!

After retirement, he is looking forward to enjoying life and doing some hunting!



### Patrick Case

He is a proud member of Local 660 and has been laboring for over 29 years!

After retirement, he plans to spend time with his family and friends and do some traveling.

## 2026 Pension Check Dates

January 28th

February 25th

March 25th

April 22nd

May 27th

June 24th

July 22nd

August 26th

September 23rd

October 28th

November 18th

December 16th

# NOVEMBER RECAP: Diabetes

The Centers for Disease Control and Prevention (CDC) estimates that 22.8% of adults with diabetes are undiagnosed.<sup>1</sup> Diabetes left untreated, the high blood sugar can affect various organs in your body, putting you at higher risk of heart disease or stroke.

## EARLY SIGNS OF PREDIABETES

- Feeling more tired than normal, especially after eating.
- Hungrier or thirstier than normal.
- Skin Changes
- Minor cuts or scrapes are healing slowly.
- Weight changes without trying.
- More irritable or having trouble focusing.

If you are experiencing any of these symptoms or have a family history of diabetes, you should have an A1C blood test performed. The A1C test is a simple blood test that provides your average blood glucose (blood sugar) level over the past 3 months.

**Getting tested is simple!** You can contact your primary care physician, and they can order the A1C blood test. If you don't have a Primary Care Physician, you can **call Marathon Health\*** at **(866) 808-6005**. You can even participate in the Laborers' Wellness Program and get paid \$100 for participating. Diabetes is one of fifty different conditions that are tested. **See page 4 for more details on the Laborers' Wellness Program.**

If you have questions regarding the A1C testing options or your benefits, please call the **Benefit Office** at (314) 644-2777 ext. 2, and we will be happy to assist you.

Source: 1) <https://usafacts.org/articles/how-many-americans-have-diabetes/>

\*Marathon Health Centers are only available for covered Active and Non-Medicare participants.



## SAVE THE DATE 2026 HEALTH FAIR

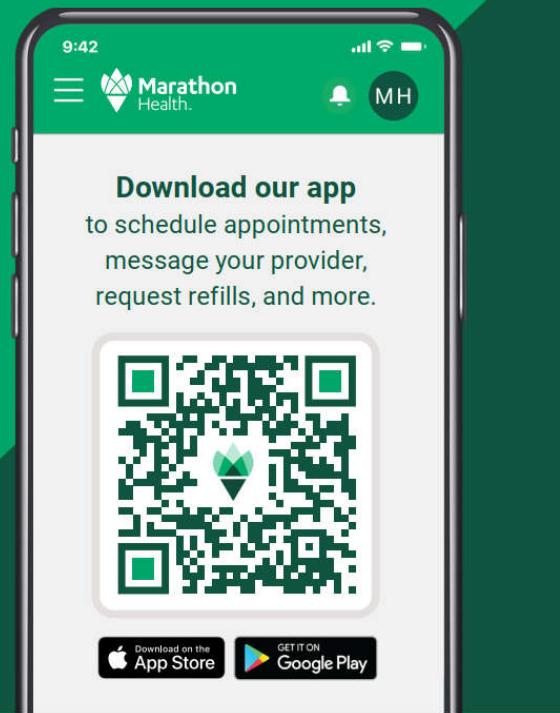
March 28th at Local 110 from 7:30am to 11:30am  
at Laborers' Local 110 Union Hall



# Everside Health is now Marathon Health

*Same great care.  
New and improved patient portal and app.*

*Don't forget to download the Marathon app!*



## Marathon Health is Now Offering **FREE Asbestos Physicals**

**Call Marathon Health today at  
(636) 224-8445 to schedule your  
FREE Asbestos Physical.**

The Asbestos Physical exam will be at 5700 Mexico Road,  
Suite 16, St. Peters, MO 63376.

**You must be a member of Laborers' Local 42 or 110  
to be eligible.**



# APP Did you know we have a mobile app?

## Are you using the Mobile App? If you aren't you are missing out.

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.

### Estimated Medical Costs

The mobile app allows you to also get an estimated cost of your medical procedure to help eliminate surprise medical bills. For example, if you are experiencing back pain and need to be seen by an orthopedic. You can search for an orthopedic physician in your area and see a list of common procedures with an estimated cost. Also, if your physician gives you a specific code, you can see if that procedure is covered along with the estimated cost.

### Additional Mobile App Features

- View your Insurance Cards
- Send you Insurance Card Electronically
- Verify Eligibility
- Find a Provider

The app will be available for all non-Medicare participants at no cost. If you have minor children, their information will be under the member. Spouses and adult children will need to create their accounts.

**To get started, it's simple!**

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



**Check out [stlaborers.com](http://stlaborers.com) for a User Guide!**

## ¿Sabías?

Si tiene preguntas sobre sus beneficios pero el español es su primer idioma. ¡Ningún problema! Viri es una traductora de español en nuestra oficina que habla español con mucha fluidez. Ella puede ayudarlo con cualquier pregunta que tenga sobre sus beneficios, elegibilidad y reclamos médicos.

Si necesita asistencia en español para analizar sus beneficios, llame a Viri al (314) 644-2777 ext. 113.



# 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.



- ADDICTION
- MENTAL HEALTH
- SUPPORT

**844-691-5326**

Laborers' Supporting Laborers'

Available 24/7

100% Confidential



# DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	 <b>OFFICE CLOSED</b>	26	27
28	29	30	31	December Self Pay Due		

# JANUARY

SUN	MON	TUES	WED	THURS	FRI	SAT
				 <b>OFFICE CLOSED</b>	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28  <b>Pensioner</b>	29	30	31 January 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.