



BENEFITbuzz

Colorectal Awareness Month

Did you know that March is Colorectal Awareness Month?

A colon screening is probably not a topic you normally find yourself discussing with your spouse, co-workers, or friends, but it is an important thing to talk about.

Most patients with early-stage colon cancer have no symptoms and can be diagnosed through screenings.

Are you between the ages of 45 to 75? Then you should be tested regularly for colorectal cancer. A simple screening can help prevent colorectal cancer or find it early when it may be easier to treat. If you have a history of colorectal cancer in your family, talk to your doctor to discuss your risk and the possibility of testing sooner.

You may be eligible to get a yearly preventive colonoscopy, **FREE!** It may not be at the top of your to-do list; however, taking the time to get your screening now could help you with prevention in the future.

Below are some of the common risks of colorectal cancer.

- Having certain types of polyps (growths) inside the colon.
- Having a personal or family history of colorectal cancer.
- Smoking
- Being overweight.
- Not getting enough physical activity.
- Drinking too much alcohol.
- Having certain health conditions, like Crohn's disease.



If you have questions regarding your benefits or eligibility, contact the **Benefit Office** at (314) 644-2777 ext. 2, and we would be happy to answer your questions.

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
Monday-Friday
7:30 a.m.-4:30 p.m.

February 2023 Issue

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Check your hours
online with
I-Site at
stllaborers.com

PENSION *buzz*



2023 Pension Check Dates

February 22nd

March 22nd

April 26th

May 24th

June 28th

July 26th

August 23rd

September 27th

October 25th

November 15th

December 13th



Keith Rethemeyer

He is a member of Local 42 and has been laboring for 30 years!

After retirement, he is planning on enjoying quality time with his family.



William Combs

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

After retirement, he plans on sleeping in unless it's time to hunt or fish.

He said he is most excited about traveling, spending more time with his family, friends and his dogs.



James Everton

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

After retirement, he is planning on spending more time on his boat and with his family and grandkids.



Gregory Biskup

He is a member of Local 110 and has been laboring for 23 years!

After retirement, he is planning on getting his house back in shape, going to Sturgis yearly and camping out.

He said he is most excited about not having to answer to anyone and watching the whole baseball game.



Andrew Bolm

He is a member of Local 42 and has been Laboring for over 40 years!

After retirement, he plans on traveling and spending time with his family.

He said he is most excited about not traveling for work and being off during the summer!

IN CASE YOU MISSED IT!

The Pension Department has recently mailed the following documents. **If you have not received the below mailings or have a question about what you received, contact our office at (314) 644-2777 ext. 3 for the Pension Department.**

1099R: This form is for anyone who received a pension payment in 2022.

Premiums Paid Mailing: This was only mailed to retirees who paid for Retiree or Medicare Supplement insurance in 2022.

Income Tax Form: You only need to return the form if you want to change tax amounts. If you want to keep the amount the same, you do not need to return the form.

Alive and Well Affidavit: This affidavit is for all retirees and beneficiaries who are currently collecting a pension. **This is a required form that needs to be signed in front of a notary and returned to our office.** You can mail the form to 2357 59th Street St. Louis, MO 63110, email us at pension@stillaborers.com or fax to (314) 645-6226.

Laborers' Local 42 and 110 WELLNESS PROGRAM

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!

REGISTER ONLINE

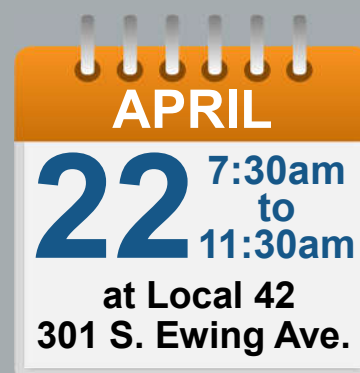
wellness.hhhealthassociates.com

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.



OR BY PHONE



800.832.8302

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



3 WAYS TO PARTICIPATE

- Approved Walk-In Clinics
- On-Site Events
- Everside Health Centers*

*Only one gift card per person per 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. Everside Health Centers are only available for Active and Non-Medicare Retirees.

**Easy.
Convenient.
No Cost.**

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

In-person and virtual care services at 8 convenient clinic locations.

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



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

Make your in-person or virtual appointment today!

**Call (866) 808-6005 or
Visit eversidehealth.com/stlouislaborers**

Note: Everside Health Clinics are available to all Active & Non-Medicare covered members.

Healthcare that gives more



Meet your provider
Jason Mehrtens, MD
at South County Health Center



“Everside has really helped with some life changing changes that have improved my health and well being...plus I never see a bill...everyone should take advantage of these services being offered through the union hall...”

- Active Laborers' Spouse

South County Health Center
4850 Lemay Ferry Rd., Ste. 115
St. Louis, MO 63129
(314) 279-9222

LABORERS'

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- ☒ No Co-Pay
- ☒ No Deductible
- ☒ No Co-Insurance



Contact Teladoc for all your
telemedicine needs.*

www.teladoc.com
800-835-2362



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



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



SUN	MON	TUES	WED	THURS	FRI	SAT
						1 APRIL FOOLS DAY
2	3	4	5	6	7 good FRIDAY CLOSED	8
9 Happy Easter	10	11	12 Local 110 Union Mtg.	13	14	15 March Hours Due
16	17	18	19	20	21	22 Laborers' Wellness Event
23/30 Self Pay Due	24	25	26 Pensioner Payday Local 42 Union Mtg.	27	28	29

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.