



# BENEFITbuzz

## Understanding Your Medical Bill Starts with Your EOB

When you get a bill from a provider, and you are not sure if the amount you owe is correct, the most efficient way to confirm this is to refer to the I-Site portal on our website: [www.stllaborers.com](http://www.stllaborers.com).

- ➊ Go to the Member tab and select **I-SITE LOGIN**.
- ➋ Once logged in, choose the **Claims** option on the left column.
- ➌ Locate the **date of service** for the medical care you received.

If you'd like to view your **Explanation of Benefits (EOB)**:

- Click on the **Claim #** of the service you want to review.
- Compare the information in the EOB to your provider's statement to ensure you're being billed correctly.

If you don't see the claim, contact your provider, as they may not have your current insurance information or may be missing important details about your insurance coverage.

Currently, only members can see claims for themselves and their minor children. Spouses and adult children will need to create their own individual passwords to sign in to view their claims.

I-Site is a great tool that allows you to:

- Confirm your beneficiary
- Check your eligibility status
- View your hours worked
- Access your vacation checks
- Monitor your pension and more

If you have any questions regarding your claims or benefits, please contact the **Benefit Office** at (314) 644-2777.



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.

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Download the  
**NEW Marathon**  
Health app!



Don't forget to  
delete the  
Everside app!

# PENSION *buzz*



## Pension Wall of Fame



### Scott Bayer

He is a member of Local 110 and has been laboring for 35 years!

After retirement, he looks forward to more family vacations and spending time outdoors hunting and fishing.



### Lindell Union

He is a member of Local 42 and has been laboring for 16 years!

After retirement, He's ready to enjoy the simple things—sleeping in, staying out of the way, spending more time with family, and traveling whenever he can.



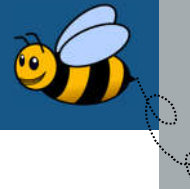
### Michael Hughey

He is a member of Local 110 and has been laboring for over 24 years!

After retirement, he plans to move to Florida, play plenty of golf, sleeping in and enjoy life without traffic.

**2025**  
**Pension**  
**Check Dates**

**August 27th**  
**September 24th**  
**October 22nd**  
**November 19th**  
**December 17th**



### **Randall Keller**

He is a member of Local 42 and has been laboring for 29 years!

After retirement, he's excited to spend more time with his grandson, do some woodworking, go fishing and enjoy hunting.



### **William Washington**

He is a member of Local 42 and has been laboring for 43 years!

He's excited to spend more time with his family and friends and travel more in his retirement.



### **Billy Hollis**

He is a member of Local 110 and has been a hod carrier for over 32 years!

After retirement, he plans to hunt, fish, spend time with family, and work on hot rods.

# *Congratulations!*



# Laborers' Local 42 and 110 WELLNESS PROGRAM

## REGISTER ONLINE

[wellness.hhhealthassociates.com](http://wellness.hhhealthassociates.com)

NEW Users Code: **LABORERS**

EXISTING Users: Username (email)  
& Password



**ANYTIME**

**TEST AT  
A LAB**

at an Approved  
Walk-In Clinic

- 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](http://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](http://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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## Phone Hours

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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



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

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 HAPPY LABOR DAY CLOSED	2	3	4	5	6
7	8	9	10 Local 110 Union Mtg.	11 9.11 PATRIOT DAY	12	13
14	15 August Hours Due	16	17	18	19	20
21	22	23	24 Pensioner Payday Local 42 Union Mtg.	25	26	27 Local 110 Family Picnic
28	29	30 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.