



# BENEFIT *buzz*

## Benefit Spotlight: Sober Grid

### *Wondering why I should bother with Peer Coaching and Sober Grid?*

***I am not an addict, I don't have an addiction.*** Good, you don't have to; Sober Grid's Peer Coaches are here to talk to you about whatever questions that you might have. Peer Coaches offer a safe space for you to explore questions and concerns, confidentially and anonymously. You and your Peer Coach might have more in common than you think. Coaches are here not only to help people who have an addiction but anyone who has ever had any type of questions about this lifestyle change. **Wherever you are in your journey, they are available to assist you 24x7x365.**

Sober Grid's Peer Coaches come from all different types of backgrounds and you will be able to read through different bios and make a connection of your choice. All of the Peer Coaches are people with lived experience in drugs, alcohol and mental health that are here 24x7x365 to make your life easier. You can call coaches just to talk or if you are in crisis either way it costs you nothing to give us a try.

### Three easy ways to get started, both **confidential and anonymous**:

- 1) Go to [https://app.sobergrid.com/stl\\_clwf](https://app.sobergrid.com/stl_clwf)
- 2) Call: Toll-Free Number (855) 540-1277
- 3) Use the QR Code



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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**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.

**Check out the  
 NEW website!**  
[www.stllaborers.com](http://www.stllaborers.com)

# PENSION *buzz*



## 2021 Pension Check Dates

June 23rd

July 28th

August 25th

September 22nd

October 27th

November 17th

December 15th

## Pension Wall of Fame



### Tony Oxford

He is a member of Local 42 and he has been Laboring for 38 years!

After retirement, he is planning on hunting and fishing!



### Bill Mohesky

He is a member of Local 110 and he has been Laboring for 33 years!

After retirement, he is planning on doing a lot of hunting and fishing!

Congratulations  
on your  
Retirement!  
~Laborers' Benefit Office

Check out the NEW website! [www.stllaborers.com](http://www.stllaborers.com)

# Laborers' 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 One-Time Gift Card

All eligible members & covered spouses who complete **BOTH** their **FREE** wellness screening and wellness survey will receive a **Gift Card!**

## REGISTER ONLINE AT

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

**NEW Users Code: LABORERS**

**EXISTING Users:** Username (email) & Password

Once you submit your profile information, click the link in your validation email to activate your account. Then log-in.

Once logged in, choose your preferred clinic & complete your wellness survey.

After choosing a clinic, you will receive an email to confirm the clinic location & hours, along with the appropriate lab paperwork to bring with you. No co-pay, insurance information, nor appointment is required.



Just bring your photo ID, lab paperwork (printed or on your smartphone).



**TO REGISTER BY PHONE**  
**CALL H&H HEALTH**  
(M-F, 8:30AM-5PM)  
**800.832.8302**



\*Only one gift card per person per year will be awarded. You must be an eligible member or covered spouse under the Plan.

*Free, Confidential & Convenient!*

St. Louis Laborers' Benefit Office

**COVID VACCINE CLINIC****TWO MORE  
EVENTS****Who is Eligible**

The vaccine is available to all participants, spouses & adult children (18 & over). **You do not have to be insured to receive the vaccine. The gift card is only available to members/spouses covered under the Plan who received their vaccine at this event.**

**FREE \$100 Gift Card**

Only members & spouses covered under the Plan who receive a vaccine at the event will be eligible for the gift card. **Members/spouses that are not insured & adult children will not be eligible to receive the gift card.**

**Appointments**

At this time we are not requiring appointments however, we are **requiring** you to **RSVP no later than June 3rd for the June 6th event & June 10th for the June 13th event.** Please call the **Benefit Office** to RSVP at (314) 644-2777.

**JUNE 6<sup>TH</sup>****9:00AM-NOON****LOCAL 42 UNION HALL**

301 S. Ewing Ave.

St. Louis, MO 63103

**Two Vaccine Options**

J&J vaccines & **only the 2nd dose of Pfizer** will be offered.

**JUNE 13<sup>TH</sup>****9:00AM-NOON****LOCAL 110 UNION HALL**

4532 S. Lindbergh Blvd.

St. Louis, MO 63127

**Two Vaccine Options**

J&J vaccines & **only the 2nd dose of Moderna** will be offered.

# Word Search: Enter to win \$25

**Would you like a chance to win a \$25 VISA gift card?**

Simply complete the word search and send it to the [Laborers' Benefit Office](#).

- **Mail:** 2357 59th St.  
St. Louis, MO 63110
- **Fax:** (314) 646-4440
- **Email:** [benefits@stllaborers.com](mailto:benefits@stllaborers.com)

- |           |              |
|-----------|--------------|
| SUMMER    | VACCINE      |
| PENSION   | VACATION     |
| ADDICTION | MASK         |
| WEBSITE   | JUNE         |
| WELLNESS  | FATHER'S DAY |
| FIREWORKS | BUZZ         |

K	W	L	E	F	F	U	E	T	I	S	B	E	W
N	Y	A	A	E	F	I	R	E	W	O	R	K	S
U	A	U	D	L	M	K	R	P	I	E	D	I	B
E	D	K	S	U	M	M	E	R	N	I	N	E	O
Z	S	F	M	A	S	K	D	I	E	A	C	C	T
B	R	R	A	D	D	I	C	T	I	O	N	N	C
S	E	W	V	S	E	C	N	V	I	R	A	S	M
A	H	E	A	E	A	U	O	M	A	N	B	T	J
S	T	L	C	V	K	E	I	U	D	A	N	R	U
U	A	L	A	N	O	B	S	M	I	Y	L	E	N
I	F	N	T	A	T	U	N	E	C	Y	E	L	E
S	W	E	I	E	C	Z	E	M	M	R	N	V	T
N	S	S	O	B	E	Z	P	A	U	M	E	A	T
A	R	S	N	N	F	S	L	E	T	A	V	E	I

## In case you missed it...

Last month, we spoke about the *Laborers' Addiction Program* and introduced an additional treatment center that recently joined the program, **Sana Lake Recovery Center**. Below are the three participating treatment centers along with some program highlights.

### Participating Treatment Centers

- Assisted Recovery Centers of America (ARCA): (314) 645-6840
- Clayton Behavioral Health: (314) 222-5830
- Sana Lake Recovery Center: (314) 478-0863

### Six-Month Comprehensive Outpatient Program that includes:

- |   |                                 |
|---|---------------------------------|
| • Outpatient Detoxification               | • Urine Drug Screenings         |
| • Counseling-Individual, Group and Family | • Medication Assisted Treatment |

To participate in this program, please contact the [Benefit Office](#) at (314) 644-2777 ext. 2. If you are calling after hours, you may contact one of the three treatment centers listed above.

# LABORERS'

BENEFITS • ST. LOUIS

2357 59th Street - St. Louis, MO 63110  
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[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.



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 American Flag	15 May Hours Due	16	17	18	19
20 HAPPY FATHER'S DAY	21	22	23 Local 42 Union Mtg. Pensioner Payday	24	25	26
27	28	29	30 Self Pay Due			



SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4 American Flag	5 OFFICE CLOSED	6	7	8	9	10
11	12	13	14 Local 110 Union Mtg.	15 June Hours Due	16	17
18	19	20	21	22	23	24
25 HAPPY Parents DAY	26	27	28 Local 42 Union Mtg. Pensioner Payday	29	30	31 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.