



# BENEFIT *buzz*

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St. Louis, MO 63110  
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Office Hours  
Monday-Friday  
7:00 a.m.-4:30 p.m.  
Phone Hours  
Monday-Friday  
7:30 a.m.-4:30 p.m.

## Who is Your Beneficiary?

### Can't remember? No worries!

We understand that updating your beneficiary may not be at the top of your priority list. However, we want to take this opportunity to remind you how important it is to review your beneficiary information—and how easy it is to make changes.

Here are a few ways you can check who you currently have listed as your beneficiary:

- Log on to [stllaborers.com](http://stllaborers.com) and select the Member I-Site login
- Call the **Benefit Office** at **(314) 644-2777 ext. 2**

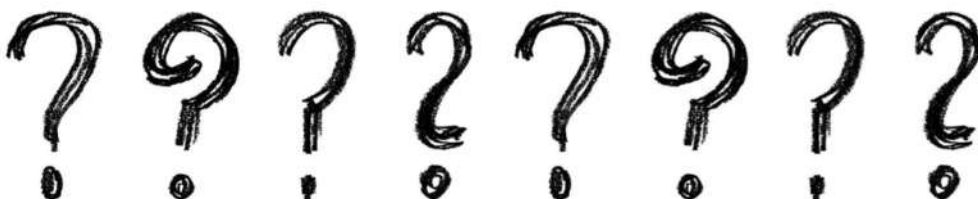
Please remember, if you change your beneficiary with the **Benefit Office**, your Union Hall beneficiary will also be updated unless you specially designate a different beneficiary for your Local Union Hall.

Also, when you select your beneficiary, they will be for the following benefit(s):

- **Life Insurance**
- **Pension**
- **Vacation**

You may assign different individuals to each fund or the same person for all three funds. However, **your spouse** must be listed as your **pension beneficiary**.

If you have any questions regarding your beneficiary information or benefits, please contact the **Benefit Office** at (314) 644-2777 ext. 2.



### June 2026 Issue

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### GIFT CARD WINNER

**HEATHER  
WELLS**

Keep reading the Buzz every month and be on the lookout for your next chance to win!

# PENSION *buzz*



## Pension Wall of Fame

### Frenton Gerlitz

He's a proud Local 110 member with 31 years of hard work behind him. Of all the jobs he worked on throughout his career, he is most proud of the Hankook Tire.

In retirement, he plans to spend more time hunting, relaxing and enjoying life at home.

### Owen Brown

He's a proud Local 42 member with 10 years of hard work behind him. He still remembers his first day as a laborer—an extremely hot day spent moving furniture at the Lumiere Hotel.

In retirement, he plans to spend more time with his family and grandchildren, as well as doing some traveling.



*“Advice I would give to the younger members is to put effort into your job & try not to miss work.”*

*-Frenton*



*“Advice I would give to the younger members is to stay alert at ALL times. Things can change in the blink of an eye.”*

*-Owen*

*Congratulations on your  
Retirement!  
-The Laborers' Benefit Office*

**2026  
Pension  
Check Dates**

**July 22nd  
August 26th  
September 23rd  
October 28th  
November 18th  
December 16th**

## UPDATE: Regarding SSM Contract Negotiations with Aetna



**NOTE:** The following information regarding SSM contract negotiations **only applies** to Active and Non-Medicare Plan participants currently covered under the Aetna Choice POS II Plan. **If you are enrolled in an Anthem Medicare Advantage Plan, this DOES NOT APPLY to you.**

If you are currently a patient of an SSM facility or physician and received a letter from Aetna notifying you that your physician or SSM facility may no longer be in-network as of August 1, 2026, **we are excited to inform you that an agreement has been reached.**

**You may disregard the letter, as SSM doctors and facilities will remain in-network after August 1, 2026.**

We appreciate your patience as Aetna worked with SSM to reach an agreement that maintains access to high-quality, cost-effective care.

## Healthcare that gives more



### Meet your physical therapist

*Sophia Rogers, PT*

If you're dealing with chronic or acute pain in your neck, back, arms, or legs—you need to call Marathon Health. They're here to get you moving again with **NO out-of-pocket costs!**

Sophia will evaluate your condition, provide personalized care to help you self-manage your condition, and offer targeted therapy techniques to aid in your recovery. ***Best of all, you do not need a referral to make an appointment!***

### AVAILABLE SERVICES

- Acute and Chronic Injury Care
- Pain Management
- Strengthening and Conditioning
- Prevention-based Assessments
- General Worksite and Ergonomic Evaluation
- Occupational Health Assessments and Testing



**Creve Coeur Health Center**  
11770 Olive Blvd.  
St. Louis, MO 63141  
**(314) 380-3014**

*Note: Marathon Health Centers are available to Active and Non-Medicare Retiree covered participants.*

Laborers' Local 42 and 110

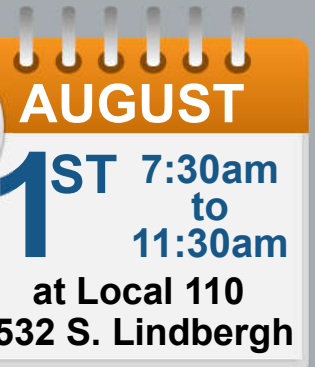
# WELLNESS PROGRAM

## REGISTER ONLINE

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

NEW Users Code: **LABORERS**

EXISTING Users: Username (email)  
& Password



- 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)



## 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!

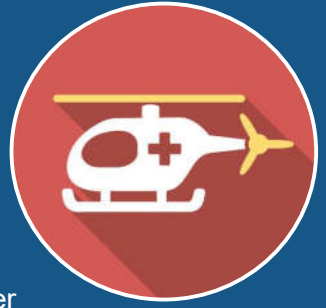
## \$100 GIFT CARD

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.

# Understanding Your Air Ambulance Coverage



Medical emergencies can happen when you least expect them. In certain situations, an air ambulance may be necessary to transport you to a facility that can provide the care you need. Because these services can be **extremely expensive**, it is important to understand when air ambulance transportation would be considered a covered benefit and the criteria that must be met.

## Air Ambulance Coverage Requirements

- Must be currently covered under the Active or Non-Medicare Retiree Plan.
- Transporting via air rather than ground **must be medically necessary**.
- Must be transported to the nearest hospital that can treat your condition.
- All transportation must be within the US or Canada.

For more information on this benefit or other benefits, please refer to your Summary Plan Description (SPD), which can be found online at [stllaborers.com](http://stllaborers.com), or you can call the **Benefit Office** at (314) 644-2777 ext. 2.

*Note: This only pertains to the Active and Non-Medicare Retiree members.*

## MAY RECAP: *Denied Prescriptions*

There are a couple of reasons this may happen. The pharmacy may be using incorrect insurance information, or we may be waiting on required forms from you.

### Verify Your Insurance Information

If the pharmacy tells you that you are **not insured**, first make sure they are using the correct (which is located on the back of your insurance card):

- Rx Group Number—SLCLWF
- BIN Number—610011
- PCN Number—IRX

### Coordination of Benefits (COB) Form

If you recently visited the pharmacy and you were told you have **other insurance coverage**—but you do not—this usually means that we have not received your Coordination of Benefits “COB” form. We mail the form annually during the member’s birthday month.

**Even if no one in your family has other coverage, you are still required to complete and return the form every year.** Keep in mind that any dependents who are 18 years or older will have an Adult Child Coordination of Benefits (ACOB) form to complete and sign.

If your birthday has already passed and you have not filled out this form, call the **Benefit Office** at (314) 644-2777 ext. 2 to have a form mailed to you. You can also access the form online by visiting [stllaborers.com](http://stllaborers.com).

# LABORERS'

BENEFITS • S T . L O U I S

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- ADDICTION
- MENTAL HEALTH
- SUPPORT

844-691-5326

Laborers' Supporting Laborers'  
 Available 24/7  
 100% Confidential





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

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