

May 1, 2008

HEALTH BENEFITS BULLETIN

OPEN ENROLLMENT

Open enrollment is offered to all eligible active and retired Longshoremen during the month of May. Individuals have the choice to change their medical and/or dental plans during the open enrollment period; May 1, to May 31, 2008. Any change that you make will be effective July 1, 2008. In addition to the May open enrollment period, eligible members may change their health/dental coverage once at any time during the Plan Year (July 1 through June 30).

PPO DIRECTORIES

PPO provider directories are now available only for individuals enrolled in the ILWU/PMA Coastwise Indemnity Plan. Due to the limited number of directories in stock, we are asking that only those who do not have access to the most current directory (online) obtain *one copy per family please*. (You will be required to present your Coastwise identification card to obtain a copy). Must come in person, no books will be mailed out.

For those with access to a computer, you may continue checking the most current directory via website: www.ilwu-pma-ppo.com or by calling Coastwise at 1(800)-955-7376.

NON-INDUSTRIAL DISABILITY SUPPLEMENT

The ILWU-PMA Welfare Plan provides a Non-Industrial Disability Supplement and is payable to any active Longshoreman with Welfare Plan eligibility who incurs a **non-industrial illness or injury**. *All individuals on FMLA (Family Medical Leave of Absence) do not qualify to receive this benefit*. For additional information, please call the Health Benefits Office.

BROTHERS/SISTERS IN THE HOSPITAL

If you or any Brothers/Sisters of Local 13 are currently hospitalized, please notify the Health Benefits Office. **Do not listen to rumors**. If you are concerned about a brother/sister's health status, please call the Health Benefits Officer to inquire for their well being.

Due to the HIPAA (Health Insurance Portability and Accountability Act of 1996) rules, we can not release any personal/medical details on an individual.

HEALTH TIP

(By the American Diabetes Association)

The Long Beach Convention Center will host a **free** Diabetes EXPO on Saturday, May 3, 2008, from 10 a.m. – 4:00 p.m. 300 E. Ocean Blvd. Long Beach, CA 90802. Diabetes EXPO is for people with diabetes, those at risk for diabetes, and anyone interested in healthy living. For more information please call (1-888) DIABETES, ext. 7503 or register at: www.diabetes.org

Free Blood Pressure Screenings, no appointment necessary, 9-11 a.m. every Wednesday, Long Beach Memorial Medical Center, Longevity Center, 2801 Atlantic Avenue, Long Beach, (562) 933-1650.

UPDATE YOUR INFORMATION

To ensure we have your correct/current address and other important information in our system (i.e. address, telephone number, e-mail address, dependent/s, beneficiary) you must come to the Health Benefits office to check your files. Please be reminded that changing your address at PMA does not mean that the Local has the update. *You must come in to the Health Benefits office to complete a Record Change Form and make sure to present your registration card to verify your identity.*

(Over)

DOCTOR'S NOTE (on Casualty/Red Number Status)

A doctor's note is required if you are: Extending light duty, and or returning to full duty; please bring all notes to the Health Benefits office. You will not be able to switch boards without a doctor's note releasing you to full duty. Please be also reminded that all notes over 30 days from the doctor's visit will not be accepted. *For all check-in privileges, your doctor's note must be received in the Health Benefits office by 3:30 p.m. daily. Faxes are not acceptable. No exceptions! Don't forget to give yourself plenty of time; DO NOT WAIT UNTIL THE LAST MINUTE!*

REMINDER: *It is not acceptable for friends or family members to submit or make any changes to your file.*

COASTWISE INDEMNITY PLAN

All individuals insured through Coastwise Indemnity Plan must show proof of insurance each time you visit a doctor and/or a medical facility. If you receive invoices from any medical provider or facility, they may not have received your insurance information. To avoid any delay or complications for payments simply call the medical provider or facility and give them your insurance information. You may also send invoices to Coastwise accompanied by a claim form. If you receive any inquires from Coastwise please respond immediately or call (800) 955-7376.

REMINDER: *Avoid "Out of Pocket Expenses" stay within the network. To obtain a list of medical providers in your area log in at; www.ilwu-pma-ppo.com or call Coastwise at 1-800-955-7376.*

DEPENDENT VERIFICATION

The following individuals did not certify their dependents eligibility to the Welfare Plan by **April 18, 2008**; therefore, their dependents were deleted effective **May 1, 2008**. If you would like to re-add your dependents to the Welfare Plan, please come into the Health Benefits office at your convenience.

33558	36241	36723	37768	38845	39477
34993	36258	37517	38255	39465	132485
36119	36651	37685	38476	39464	

Unless we hear from the following individuals by **May 7th, 2008**, their dependents will be deleted effective **June 1, 2008**.

08550	36471	37032	38244	38590	39510	130220	131677	133279
34635	36885	37133	38368	38637	39574	130257	132131	133708
35379	36915	37618	38411	38900	39774	130783	132480	133738
36068	37030	37917	38438	39218	130129	131542	132531	

To avoid deletion of your dependents, please come into the Health Benefits office and complete a Dependent Verification form.

APPOINTMENTS WITH THE HEALTH BENEFITS OFFICER

The Health Benefits Officer maintains an open door policy, however, if you need special assistance, (*i.e. retirement, disability or personal matter*) we recommend that you schedule an appointment with Jerry Avila at (310) 830-6116. Office hours are: Monday through Friday, 8:30 a.m. – 4:30 p.m.

For your convenience after hours, you may visit our web site at: www.ilwu-local13.org. Click on the Health Benefits folder and you will find: Health Benefits Bulletins, Record Change forms, Student Verification forms, Chiropractor Claim forms and many other forms.

"Happy Mothers Day"



From the Health Benefits Staff

Fraternally,
Jerry Avila
Health Benefits Officer

Opeiu #537/mv
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