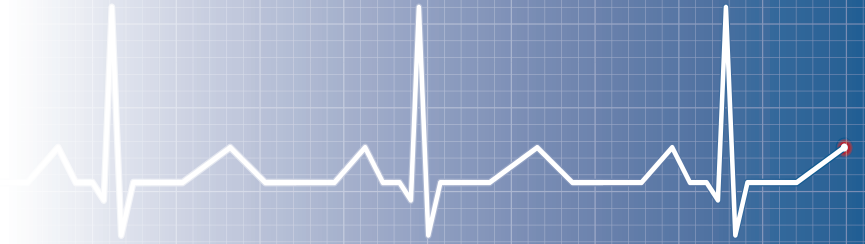




# CONNECT TO HEALTH

For Your Well-Being



JUNE 2015

Welcome to the latest Connect to Health newsletter, provided to you by the Pension, Hospitalization and Benefit Plan of the Electrical Industry (“PHBP”).

## IT'S HERE! WELLNESS.JIBEI.ORG

Get plugged in to the new JIB wellness website.

### THE JIB WELLNESS WEBSITE IS THE NEW PLACE FOR:

- Articles on health matters of all kinds
- Stories and pictures of Pension, Hospitalization and Benefit Plan (PHBP) participants who are embracing a healthy lifestyle
- Fact-checking some of the many confusing stories reported in the media
- Useful health tips, recipes, exercise ideas and much more
- Announcements & a calendar of important wellness events
- Useful information about JIB Medical
- Many links to other helpful health related sites
- A library of fun and interesting health videos

We look forward to “seeing” you online at [www.wellness.jibei.org](http://www.wellness.jibei.org) and working with you on your journey to good health.



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## DO YOU HAVE AN EVALUAIDE<sup>SM</sup> HEALTH BUDDY?

**Understanding health issues can be overwhelming and frustrating to control on your own.**

Having someone available to answer your questions and help you manage your health can make all the difference in becoming a healthier you.

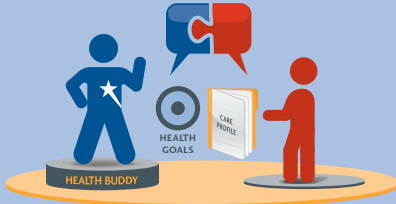
**WITH EVALUAIDE<sup>SM</sup>, YOU CAN HAVE ACCESS TO YOUR OWN HEALTH BUDDY!**

Evaluaide<sup>SM</sup> is a population health management program designed to identify participants who have, or are at risk for

developing, common chronic health conditions. Eligible participants with chronic health conditions including diabetes, asthma, COPD (chronic obstructive pulmonary disease), depression, hypertension, hyperlipidemia, CAD (coronary artery disease) and CHF (congestive heart failure) can benefit from a Health Buddy-nurse support who can guide them on their way to better overall health and better management of their health care.

*Evaluaide is a completely confidential and voluntary program offered at no cost to you and administered by MagnaCare. At no time does Evaluaide share information with your health plan, the Joint Board or IBEW Local 3.*

## It's easy to get started....



**1.** If you are eligible to participate in Evaluaide<sup>SM</sup> you will receive an introduction letter in the mail and your Health Buddy will call you to introduce themselves and explain the program in more detail. You may also call us at 877-606-5366 or email us at [Evaluaide@MagnaCare.com](mailto:Evaluaide@MagnaCare.com).



**2.** Individuals enroll in the program by completing a comprehensive health assessment with their Health Buddy- Nurse. You will work with your nurse to develop health care goals and a plan for achieving those goals.



**3.** Your Health Buddy-nurse is your support person who will help you better manage your health by providing educational materials, medication reviews, assistance in locating or scheduling appointments with providers or specialists, monthly phone calls and home visits, if required.

Enrolled participants work with their Health Buddy-nurse in setting and achieving individualized healthcare goals. Program participation continues until all goals are met. There is no pre-determined time limit. When a participant has met their goals they are graduated from the program. Participants can also voluntarily dis-enroll any time.

## OVER 450 PHBP PARTICIPANTS ARE ENROLLED IN EVALUAIDE & ENJOYING THE BENEFITS OF HAVING A HEALTH BUDDY. HERE'S WHAT THEY ARE SAYING:

“I did not necessarily believe this program would make a difference in my life. I was glad to be proven wrong. Thank you for caring.”

“Being in the program made me feel that someone really cared about my health.”

“Sometimes we need to be reminded of what we should be doing on a daily basis to help ourselves. It can be difficult dealing with chronic illness and the reminders give me a push in the right direction.”

“I thank you very much for starting this program. It has helped me a lot. My Health Buddy has recommended things that I didn't know that I could have done. Please don't stop.”

**FOR ADDITIONAL INFORMATION OR QUESTIONS ABOUT THE EVALUAIDE PROGRAM, CALL 877-606-5366 OR EMAIL US AT [EVALUAIDE@MAGNACARE.COM](mailto:EVALUAIDE@MAGNACARE.COM).**



### IMPORTANT INFORMATION FOR NON-EESISP WORKERS' COMPENSATION CLAIMANTS

If you are covered under a Workers' Compensation carrier other than The Electrical Employers Self Insurance Safety Plan (“EESISP”) it is important that you provide the Members' Records Department with a copy of your C-8 Form as soon as possible. This will ensure that your health coverage under the PHBP will continue without interruption.

### AFFORDABLE CARE ACT UPDATE

For calendar year 2015 all non-Medicare Participants of the PHBP will receive a Form 1095-B from the Plan, which will provide information pertaining to the Participant and all covered dependents about their coverage provided during the year. This form must be filed with applicable individual 2015 tax forms in 2016 and will be issued by the PHBP in early 2016.

**QUESTIONS ABOUT THE 9-11 VICTIMS COMPENSATION FUND?** Contact EESISP at 718-591-2000, extension 1250