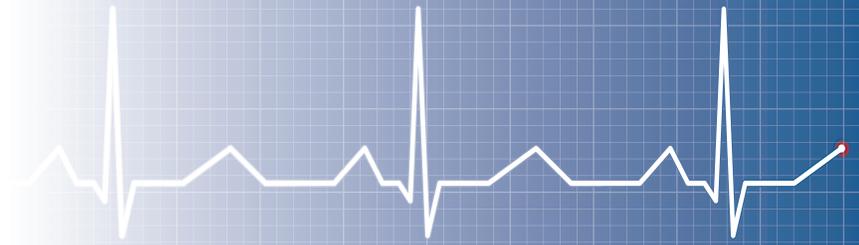




CONNECT TO HEALTH

For Your Well-Being



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

ANNOUNCING A NEW BENEFIT...

The Health Advocate Healthy Reminders Program

Getting the recommended preventive care is the key to maintaining your health and catching issues before they turn into dangerous illnesses. And, if you’re managing an ongoing health condition like heart disease or diabetes, it’s even more important to get the regular care you need. Research clearly shows that getting the right, recommended care is critical to helping effectively manage these conditions... and preventing them from worsening.

But, it’s not always easy to remember when those regular screenings are due. Many factors determine when and why you should get health screenings. Age, family and medical history, lifestyle and national recommendations (which are revised frequently) all factor in.

THE HEALTHY REMINDERS PROGRAM CAN HELP

The Pension, Hospitalization and Benefit Plan of the Electrical Industry has partnered with Health Advocate, the nation’s leading health advocacy and assistance company, to mail you Healthy Reminders. Throughout the year, you and your eligible family members may receive timely reminders about important health screenings and other tests you need to keep you at your best possible health. And, if you have an ongoing health condition, you’ll get reminders to have important tests and other screenings to help you keep it under control.

YOUR PARTNER IN HEALTH

If you have questions about the screenings, need to find a doctor or make an appointment, you can call Health Advocate anytime for help. Health Advocate can also help you with any additional time-consuming healthcare or insurance-related issues you might come across, support you in making health decisions and help you get the most out of your benefits, and more. You can reach Health Advocate by calling 866.799.2723 or emailing answers@HealthAdvocate.com.

WE’RE COMMITTED TO YOUR GOOD HEALTH

Your health is important to us. We hope you find the new Healthy Reminders Program a valuable resource to help keep your health—and the health of your family—on track.

Your Privacy is Important! All of your personal health information is kept completely confidential at all times and will not be shared with your Union, your Employer, or the Fund.

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A Healthy Reminder **Alert!**

Dear Elizabeth:

You are due for some important health screenings!

Health screenings are an effective way to uncover and treat silent health problems before they develop or worsen. And, we know that it's not always easy to keep track of all the preventive screenings you need. That's why we're here to help.

According to our records, you are due for the following preventive screening(s):

- ✓ Blood Pressure Screening
- ✓ Cervical Cancer Screening
- ✓ Colonoscopy
- ✓ Mammogram

Don't Delay! Make an appointment with your doctor today!
It's Easy and Safe. These screenings may even save your life.

Inside...

- Details about your specific screenings
- How Health Advocate can help you

HealthAdvocate
Always at your side

A HEALTHIER UNION

Dr. Michael Makover, Chief Medical Officer



Health has two components

1. To fix you when something goes wrong and
2. To keep you healthy and prevent things from going wrong in the first place.

Prevention is much better than fixing.

However, sometimes a medical condition requires attention (or fixing). The JIB Medical Department is doing much to enhance the already fine medical care provided there and is also seeking ways to bring enhanced care when you go elsewhere for your primary specialty care needs. You will be hearing more about these developments in the coming year.

You are the world's expert on you. We are only your advisors.

No one wants to tell you how to live your life (and it would not work even if we did). You are the world's expert on you, so when you want our advice, we are committed to treating you as the unique person you are.

We believe the best way to become healthy is to learn to make a healthy lifestyle so enjoyable and natural for you that you remain on that healthier path throughout your life, not because you have to, but because you want to.

No one is born craving Big Macs—it is a taste you have to learn to enjoy. This means you can learn to enjoy healthier things. Believe it or not, countless people have discovered that they can learn to enjoy—not just tolerate—healthy food. The same is true with all life behaviors.

GETTING HEALTHY IS CONTAGIOUS!

Humans are social beings. We react strongly to our environment and what our friends, families and neighbors are doing. We call that group culture.

If we want to help people (including ourselves) learn to enjoy a healthy way of life, we have to create the environment in which to do so and to change our culture for the better. Our culture is defined by the ways that we live and work together and how we interact and share with one another. If we think we can do better, we have to work together to change our group culture.

If everyone you know eats unhealthy foods, gets no exercise, smokes and drinks, then it is harder to be the one person who does not do those things.

If the opposite is the case, it is even harder to be the one doing all the unhealthy things while others are not.

Thus, every time you make a positive change for yourself, you are also helping your family and friends to do the same.

We know it works—take smoking for example. When those of us who are over 30-40 years old were growing up, most adults smoked and our homes, offices and cars were full of smoke. Today, no one smokes inside and smokers are down to fewer than 20% of the population. When we started on that public health effort (I was part of it), everyone said it couldn't be done, but they were wrong!

Today, many of us cannot imagine going to a social gathering without consuming alcohol, excessive calories and unhealthy foods. We know this is a pathway to disaster. The good news is we are already seeing a change in raised health and nutrition awareness in America. This is the first step in creating a healthier Union.

2013 will be an exciting year for PHBP participants who want to make positive changes and healthy choices. Let us all work together to make us the healthiest group we can be!

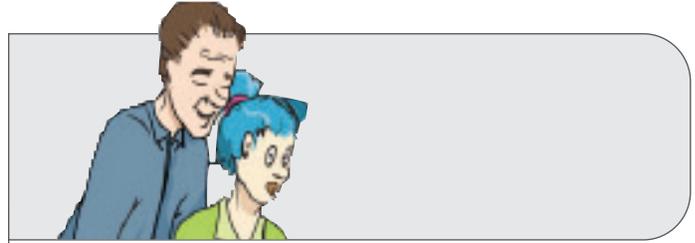
NEW HEALTH CARE RESOURCES!

The PHBP has made available a valuable new resource to ensure that selected participants are receiving the appropriate level of health care...MagnaCare's EvaluaideSM program. EvaluaideSM is a health outreach program designed to assist participants who may need help in managing their health and wellness. MagnaCare nurses will work with the participant to help ensure that they are receiving the appropriate level of care, are following through on their appointments, eating healthy, etc. And best of all, there is absolutely no cost to the participant!

What to Expect.

- Selected participants will be receiving an introductory letter requesting a convenient time to discuss participating in this valuable program. There will also be an 800-number listed in the letter for more information.
- Participants will work with an assigned MagnaCare nurse to schedule a convenient time to complete a Health Risk Assessment (HRA). This assessment is completed over the phone and is very helpful in evaluating your current health and the appropriate level of care you should be receiving.
- Your MagnaCare nurse will continue to work with you via phone and e-mail. In some instances, a nurse or a nurse practitioner may request to visit you at home.

If you are not contacted through this program and you have healthcare questions, you may contact Health Advocate directly at 866-799-2723.



Healthy Living Tips FROM LARRY & LINDA

Larry and Linda began their road to good health well over a year ago. Now they want to share what they have learned from their journey with you.

Have you hit a bump in the road in your weight loss efforts?

It is not the volume of food you eat, but how many calories and how much nutrition it contains. For example, that Thousand Island salad dressing you are putting on your salad has eight times as many calories as the same dressing that is fat free! Those chocolate chip cookies you love have 24 times the calories of a tomato the same weight.

Ask for the handout from the JIB Medical Department about calorie density. This article shows how you can get plenty of food without adding plenty of fat to your belly.

FILLING A PRESCRIPTION RELATED TO YOUR WORKERS' COMPENSATION CLAIM

If you fill a prescription related to a Workers' Compensation claim you should not make any co-payments. Most pharmacies should accept prescriptions for job related accidents covered under the Electrical Employers Self Insurance Safety Plan (EESISP) and they should bill EESISP directly without any co-payments. However, you must tell the pharmacist that the prescription is for a job related injury. This also applies if you are covered under an insurance carrier other than EESISP.

If your pharmacy has questions about authorization or payment of your prescription that is related to your Workers' Compensation claim have them call EESISP directly at **718-591-2000**, ext. **1273**. By making sure in advance that your pharmacy accepts Workers' Compensation, you can avoid any out of pocket expense.

Do not use your Express Scripts card to fill a prescription related to a Workers' Compensation claim. If the prescription is related to an automobile accident, the claim should be submitted to the carrier that handles your automobile no-fault insurance.



The Electrical Industry Health Fair

SAT. APRIL 27, 2013 | 8:30AM – 12:30PM
Electrical Industry Center Auditorium

MAGNACARESM
Self-Insured Health Plans



HealthAdvocateSM
Always at your side

WIN:

- Apple iPad
 - Apple iPod Touch
 - LCD TV
- And other prizes



Providing Free:

- Blood Pressure Screenings
- Glucose Screenings
- Pulmonary Function Test
- Massage Therapy
- Chair Yoga
- Nutritionist
- Additional Health Tests & More!



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