- Kick the Tobacco Habit
- From the Desk of Alice Marshall



I.B.E.W. Local #551

Volume 3, Issue 3 Spring 2007

Redwood Empire Chapter, NECA

TRUST FUNDS BENEFIT FAIRE

HEALTH AND WELFARE TRUST FUND

PENSION TRUST FUND

Please mark your calendar 1) for the Redwood Empire 2) Electrical Workers Health and Welfare and Pension Benefit Faire.

The Benefit Faire information:

DATE: May 19, 2007

LOCATION: Petaluma Sheraton in Sonoma County (707)283-2888

TIME: 10 AM to 1 PM

Active and Retired members and spouses are welcome.

ing this Benefit Faire to help you gain knowledge of your only provide:

- GREAT FOOD,
- **GREAT CONVER-SATION** and
- 3) **GREAT PRIZE GIVE-A-WAYS**,
- **GRAND PRIZE: TV**



The Trust Funds is facilitat- but also allow the opportunity • to ask questions to the several health and welfare and penbenefits. This Faire, will not sion specialists that will be available.

HEALTH FREE SCREENINGS: Free health screenings will be available which includes checking Cholesterol, Glucose, Body Mass Index, Skin Derma-view and Blood Pressure.

Representatives that will be present are as follows:

- Vanguard
- Kaiser Permanente
- Health Net
- Self-Funded PPO Plan
- Delta Dental
- PacifiCare Behavioral Health (MAP)
 - Vision Service Plan

Mark Your Calendar

April 21, 2007: Tool Day Demonstration. Vanguard Presentation from 7:15 am to 8:15 am at the Carpenter's Labor Center Auditorium.

May 19, 2007: Trust Funds Benefit Faire. See information above.

July 2007: Health & Welfare Open Enrollment. The Health & Welfare Open Enrollment period to change medical plans is occurring the month of July for an August 1, 2007 effective date.

September 2007: Pension Open Enrollment. The Pension Open Enrollment period to allocate more funds to go either to your Pension or Wages will be the month of September for a December 1, 2007 effective date. This applies to Journeyman Electricians.

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Redwood Empire Chapter, National Electrical Contractors' Association Electrical Workers, Local Union No. F C N D ST \supset S ~ **—** ~ 0 ≥ CTRICAL International Brotherhood of ĒLE ш ٤ ш Δ 0 0 ≥ Δ

MEMBER ASSISTANCE PROGRAM (MAP) Through PacifiCare Behavioral Health, Inc.

You wouldn't be human if you didn't have problems, and most problems is required, you may be referred to a you can probably handle by yourself. licensed/certified counselor, or other Yet, sometimes you need help to get behavioral health practitioner. things under control—the type of help may also be referred to a community your Member Assistance Program resource, such as a support group. If (MAP) can give you.

Member Assistance Program: MAP is a free, confidential counseling and referral service designed to help **Is this really confidential?** you and your eligible dependents resolve personal problems that may be interfering with work or home life. the PacifiCare counselors have experiyou're going through right now. They ality. understand the pain you're in, and they can help.

Access to MAP: The first step toward handling your problems starts with a single toll-free call to your MAP • hotline. It's staffed by professional counselors, 24 hours a day, 365 days a year. The phone counselor will listen carefully to your concern or issue and help you assess the situation, then suggest ways to resolve the • problem.

If more than just phone counseling • a health problem is contributing to Summary of the benefits: your situation, you could be referred to a medical professional.

Your phone call, your treatment, and everything you tell MAP or the Trust Fund will be kept confidential. If you • The staff understands your needs, so have a problem affecting your work, they speak your language. In fact, your boss or co-workers may already know, but we can help you do someence with the very same problems thing about it in complete confidenti-

Some Problems MAP can assist you with:

- Alcohol Abuse
- Anger Management
- Child and Elder Care
- Compulsive Spending
- **Debt Management**
- Domestic Violence
- Drug Dependency

- **Emotional Distress**
- Job Stress
- Legal Assistance
- Relationship Problems

- 1-3 Sessions; \$0 Co-pay
- 24-hour; toll-free access
- Alcohol/Drug/Gambling Addition
- Child Care Issues
- Depression
- **Elder Care Issues**
- Family Blending
- **Financial Concerns**
- Job/Career Challenges
- Legal Matters
- Relationship Problems
- **Smoking Cessation**
- Stress Management

Call (877) 22-LABOR or (877) 225-2267.

SELF-FUNDED MEDICAL PLAN—SAV-RX PRESCRIPTIONS

one; especially those with a chronic illness. However, many expensive brand name drugs can easily be substituted with a less expensive generic product. Depending on your prescription needs, your savings could be significant.

In an effort to provide you with additional cost savings in your prescription benefit, we will implement a pilot program covering 100% of the cost of your generic medications when they are available, with no co-pay, as part of your drug ther-

Prescription drugs can be costly medical expense for any- apy. This program will begin effective April 1, 2007 and may be reviewed or changed effective April 1, 2008. Your brand name drug co-payment will remain in tact at 30%, minimum \$5.00. Generics, however, both retail and mail order will be \$0 co-pay. *If you elect to receive a brand name drug when a generic equivalent is available, you will be responsible for the difference in cost plus the co-payment.

> Always talk with your doctor about generic substitution for your medications. Explain that you want the most effective drug at the best price.

NEED HELP KICKING THE SMOKING/CHEWING HABIT?

Your good intentions about kicking the smoking/chewing habit may need a little encouragement and support. You don't need lectures about the negative impact cigarette smoke and chewing tobacco has on yourself and your family. You already have the nagging voice in your head telling you to quit. Did you know that the Redwood Empire Electrical Workers Health & Welfare Trust Fund has a program to assist you with just that? Contact the Trust Fund Office at (707) 526-1996 for more information.



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Pension Loan for Primary Residence

The Redwood Empire Pension Trust allows participants to borrow money from their pension account to purchase a pri-criteria in place in order to obtain a loan. mary residence.

Purchasing a home in Marin or Sonoma County, or anywhere else in the jurisdiction, is an increasingly difficult goal. The implementation of a loan program for Local 551 electricians will assist those who work in our community to live in our community.

One of the greatest challenges of obtaining the American Dream of owning a home is getting enough money for a down pay-Many Local 551 electricians don't have family members in a position to help them with the down payment — especially for first-time buyers.

It should be disclosed that there will be certain eligibility

You can borrow up to 50% of your account balance, mini-

mum amount of \$1,000 and not to exceed \$50,000, to purchase a primary residence. You can only have one outstanding loan at a

- Repayment of the loan will include inter-
- If you default on loan payments, it will be reported to the Internal Revenue Service as a taxable distribution (20% plus penalties).
- The loan provision is not for second homes or vacation homes.
- Loan applications may be subject to a credit check.



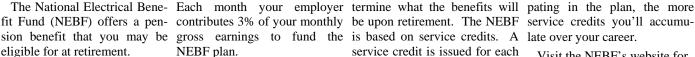
Rules Related to Dependent Eligibility—Divorce and Newborn Information

DIVORCE: The employee or another family include: divorce, legal separation, death of the **NEWBORN**: Coverage is effective on the Qualifying Events pertaining to covered spouses ing Event; and Address of Qualified Beneficiary.

member has the responsibility of providing no- employee, employee becomes entitled to Medi- date of birth for newborns with the condition tice to the Trust Fund (or Plan) of a divorce care benefits, a reduction in hours or loss of that an enrollment form is completed and rewithin 60 days of the event. Written notice or a employment that is not due to negligence). copy of the divorce decree will suffice. The When you notify the Administrative Office, you Plan does not provide coverage for divorced must include the following: Name of the indispouses. The COBRA rights of the divorced vidual experiencing the Qualifying Event; Name spouse could be jeopardized without proper and Social Security Number of the Employee; notification of a Qualifying Event (COBRA Date of the Qualifying Event; Type of Qualify-

ceived by the Administrative Office within 60 days of birth. If the prescribed enrollment form is not received by the Administrative Office within 60 days of birth, the effective date will be the first day of the month following the month the enrollment form is received.

National Electrical Benefit Fund (NEBF)



The NEBF pension is funded ated wage/fringe

NEBF plan.

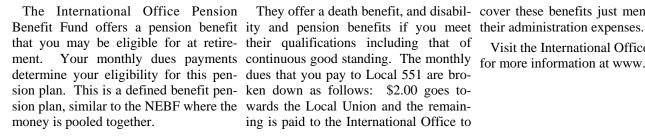
The NEBF is a defined benesolely by employer contribu- fit plan, which means that all of tions in addition to your negoti- the money is pooled together package. and the trustees of the plan de-

service credit is issued for each year of service and is assigned a more information at monthly dollar value. A very simplified explanation is that the longer you've been partici-

late over your career.

Visit the NEBF's website for www.nebf.com.

International Brotherhood of Electrical Workers Pension



They offer a death benefit, and disabil- cover these benefits just mentioned and Your monthly dues payments continuous good standing. The monthly ing is paid to the International Office to



Visit the International Office's website for more information at www.ibew.org.

Redwood Empire **Electrical Workers** Trust Funds

2525 Cleveland Avenue, Suite C Santa Rosa, CA 95403

Phone: 707-526-1996 Fax: 707-526-7248 www.reew.org Email: alice@reew.org

Board of Trustees:

James Brown Jack Buckhorn Larry Metz Bruce Piper Robert L. Smith Anisa Thomsen

This newsletter is provided for informational purposes to participants of the Redwood Empire Electrical Workers Trust Funds and warrants no guarantee for factual or implied accuracy.



From the Desk of Alice Marshall—Trust Fund Administrator

The role of Trust Administra- CURRENT. duties to make sure your pension fund and your health and welfare benefits run smoothly. The Administrative Office receives the contributions from employers that purchase your health benefits and allocates the pension money to your account at Vanguard. This • office is responsible for making the sure the plan rules are being followed, as trust funds are tightly Funds are enregulated.

The Redwood Empire Electri- has cal Workers' Pension and Health recent change & Welfare Trust Funds employ increasing Alice Marshall and Sarah Miller to availability operate the daily functions of the all the Target Trust Funds.

PLEASE KEEP YOUR has to offer. MAILING ADDRESS •

tor is to perform administrative Trust office at (707) 526-1996 with any changes.

PENSION PARTICIPANTS:

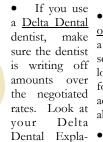
- Look at your pension statements to verify your hours are being reported correctly.
- A list of available Vanguard closed. There been the

A c c e s s t h e AND PHONE NUMBERS www.vanguard.com website to

Contact the obtain information on your penis 090395.

HEALTH & WELFARE PAR-TICIPANTS:

A privacy notice is enclosed for your review.



- Participants on the PPO plan sion account. The group number only: If you are using a PPO doctor, make sure the doctor is writing off amounts over the negotiated rates. Look at your Allied Administrators Explanation of Benefits to see the patient responsibility. You are not liable for more than the amount listed.
 - Participants on the PPO plan only-Sav-Rx: If you are planning a vacation and need more prescriptions than are normally allowed by the Plan, you may ask for a vacation override to allow additional refills to become available.
- You can save money on your Retirement Funds that Vanguard nation of Benefits to see the pa- prescription drugs by using mail tient responsibility. You are not order. Discounts will apply, with liable for more than the amount a greater supply of the medication. You will also save with less of a co-payment.

