



**PENSION HOSPITALIZATION AND BENEFIT PLAN**  
**JOINT INDUSTRY BOARD OF THE ELECTRICAL INDUSTRY**  
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## Exciting Benefit News!

February 2011

Dear Participant,

The Trustees of the Pension, Hospitalization and Benefit Plan of the Electrical Industry (the Plan) are pleased to announce *Connect to Health*, a new wellness and health management program. It encourages you to be proactive regarding your health, to be educated about your health care and to take responsibility for maintaining a healthy lifestyle. You will have access to a variety of important health and wellness tools and support designed to make it easier to get and stay healthy — to improve your well-being. The financial health of the Plan and the health of our participants are linked, and the Trustees believe that this new program will help control costs and preserve high-quality health coverage for all participants.

**Starting April 1, 2011, the Plan will offer the following benefit improvements to all active participants and non-Medicare retirees and their covered non-Medicare spouses\* as part of our new *Connect to Health* program:**

- **Annual physicals covered 100% when you use in-network providers, the JIB Medical Department** or a satellite office (more information about conveniently located satellite offices coming soon).
- **Healthways Well-Being Assessment™** – a **free**, confidential questionnaire that assesses your physical and emotional health and how your lifestyle habits affect your overall well-being. Take the Well-Being Assessment and get \$50! See below for details.
- **Free health screenings** by a medical professional that offer a current view of your health and determine if you are at risk for developing certain conditions (more information about free health screenings coming soon).
- **Coverage of prescription smoking cessation medication** and access to a smoking cessation program to help you kick the habit.
- Coverage of **immunizations for adult participants** and prescription **pre-natal vitamins**.
- **Personal Health Coaching** and support if you have a health condition (for those who qualify).
- **Diabetes counseling** and **nutritional counseling** (for those who qualify, including adult dependents).
- Access to other resources, including a personalized Web-based plan for well-being and online fitness, nutrition and stress management programs.

Stay tuned for more details on these exciting new benefits coming your way shortly.

\* Information pertaining to benefit improvements for Medicare-eligible participants will be sent separately.

### Who is Healthways?

The Well-Being Assessment and other aspects of the *Connect to Health* program are being administered by Healthways, an independent company hired by the Plan. Healthways is a leading provider of well-being improvement solutions and health management programs.

Our partnership with Healthways also ensures the confidentiality of your health information.

You will receive information about the *Connect to Health* program from both the Plan and from Healthways.

### Will the Plan, my Union or my Employer be notified of my results?

**No! All of your personal health information is completely confidential.**

The Plan, your Employer and your Union will not have access to your answers or results. The *Connect to Health* program meets all federal and state regulations, including those that are part of the HIPAA Privacy Act.

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## Your Well-Being Assessment—Take That Important First Step and Earn Financial Rewards!



The Healthways Well-Being Assessment™ (WBA) is an online questionnaire designed by health care experts to help you evaluate your overall health today so you can maintain or achieve quality of life for tomorrow. This survey gathers information about all the factors that influence your well-being, including your physical and emotional health. Please make sure you respond as honestly as possible. The answers you provide will **not** be shared with the Plan, your Union or your Employer.

**When you and your covered spouse complete the WBA between April 1, 2011 and June 30, 2011, you will each receive \$50 — a check will be sent from the Plan to the participant. Be on the lookout for more information on how to complete the online WBA.**

### How does the Well-Being Assessment help me?

After you complete the Well-Being Assessment, you will be able to create your personalized Well-Being Plan. The Well-Being Plan offers specific feedback and guidance on steps you can take to improve your well-being, based upon your personal responses and health risks. If your results indicate a high risk in any category, you may get a confidential phone call from a Health Coach. Share your Well-Being Plan with your doctors and use it as you work with them to make decisions about your lifestyle and health care.

### A New Program, A New Look — and More Communications Coming Your Way!



**CONNECT  
TO HEALTH**  
For Your Well-Being

We are proud to roll out the new *Connect to Health* program. When you see this logo, you'll know that you're receiving important information about your well-being benefits. Look for special communications with the *Connect to Health* logo from the Plan Office and from Healthways with more details about these new programs.

### Questions?

Call the Plan Office at (718) 591-2000, the JIB Medical Department at (718) 591-2014, or visit [www.jibei.org](http://www.jibei.org). For a sneak preview of Healthways' Web portal where you'll be able to complete your WBA and access other elements of your Connect to Health program (beginning April 1), go to [www.myconnecttohealth.com](http://www.myconnecttohealth.com)

Sincerely,

Christopher Erikson  
Trustee & I.B.E.W. Local Union No. 3 Business Manager

David I. Samuels  
Trustee & CEO of Robert B. Samuels, Inc.

and  
The Board of Trustees

*This notice is considered a Summary of Material Modifications under the Employee Retirement Income Security Act of 1974 (ERISA). You should keep this with your Summary Plan Description. This announcement contains only highlights of certain features of the Pension, Hospitalization and Benefit Plan of the Electrical Industry in effect as of April 1, 2011.*

*Please note that the Trustees of the Plan reserve the right to make additional changes to the Plan at any time. The Board also reserves the right, in its sole and absolute discretion, to amend, modify, or terminate the Plan or any benefits provided under the Plan, in whole or in part, at any time and for any reason.*

*Receipt of this announcement does not confer or guarantee eligibility for benefits.*