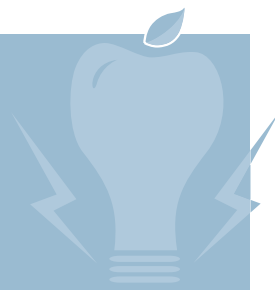




**CONNECT
TO HEALTH**
For Your Well-Being

Newsletter



VOLUME 2 FALL 2011

BENEFITS NEWS FOR YOUR WELL-BEING

Take Charge of Your Health—And Earn \$\$\$\$!

Health Fair: Saturday, November 5

The Pension, Hospitalization and Benefit Plan of the Electrical Industry (“PHBP”) is sponsoring a Health Fair in the Joint Industry Board (“JIB”) Auditorium on Saturday, November 5, from 8:30 am to 12:30 pm. There will be representatives from the JIB, MagnaCare, Medco and Healthways to answer your questions. You will be able to complete a Healthways Well-Being Assessment™ (WBA). Medical professionals will conduct **FREE** health screenings. And there will be giveaways, refreshments, games and activities for the whole family!

Free Health Screenings!

The PHBP is offering you and your eligible spouse access to **FREE** health screenings this fall. Biometric screenings are an important tool in managing your health. When you know your numbers (height/weight, blood pressure, cholesterol, Body Mass Index), you can take better control of your health.

During the screening, a health professional will take your measurements and a sample of your blood to determine your cholesterol and glucose levels, triglycerides and other factors that can lead to health complications. **The screening does not test for illicit drugs, HIV/AIDS or hepatitis, and results are not shared with your employer, Union or the PHBP.**

The screening is administered by Healthways, and **all information is kept confidential.** A national laboratory will process blood samples to ensure your information remains private.

Screening Tips

Here are some things to keep in mind as you prepare for your screening:

- ▶ Do not eat or drink anything except water nine hours before your screening time. If you have a health condition, such as diabetes or pregnancy, or any other medical concerns, consult a doctor before fasting.
- ▶ Drink plenty of water.
- ▶ Continue taking medication as prescribed the day of the screening.
- ▶ Allow about 15 minutes to complete the process.

Be sure to follow your doctor's instructions for taking your medications, including taking them with food if necessary.

SAVE THE DATE for Your **FREE** Health Screening!

Saturday October 1 8:00 am–12:00 pm, Uniondale Marriott
(101 James Doolittle Boulevard, Uniondale, NY 11553, 516-794-3800)

Saturday October 15 8:30 am–12:30 pm, Melville Marriott
(1350 Old Walt Whitman Road, Melville, NY 11747, 631-423-1600)

Saturday October 22 8:30 am–12:30 pm, IBEW Local 3 Westchester Office
(200 Bloomingdale Road, White Plains, NY 10605, 914-948-3800)

Health Fair Saturday, November 5 8:30 am–12:30 pm, JIB Auditorium
(158-11 Harry Van Arsdale Jr. Avenue, Flushing, NY 11365, 718-591-2000)

You Must Register In Advance to Attend a Health Screening.

You can register online at <https://www.htinc.com/SelfScheduler/JIB.aspx>. You do not need to register to attend the Health Fair. Participants and families are welcome.

Earn up to \$200! Not only is the screening free, you and/or your eligible spouse will each be eligible to receive \$50 for completing a health screening if you and/or your eligible spouse complete an online Well-Being Assessment on or before December 31, 2011—and that is in addition to the \$50 each you can receive for completing the WBA itself!



Medical Corner News from Our CMO

Michael E. Makover, MD
Chief Medical Officer

To ER or Not to ER?

Knowing when to use Emergency Room services can save you thousands of dollars

The PHBP provides excellent Emergency Room (“ER”) benefits. Emergency care is covered in full, subject only to a \$100 co-payment. However, your ER visit must be the result of a “true” emergency.

Understanding how the PHBP covers ER services can save you money. The best way to avoid an unnecessary out-of-pocket expense for an ER visit is to learn how your benefits work. This gives you the best chance to use the ER most effectively. The worst time to learn about your ER benefits is when you are in a crisis.

What is a True Emergency?

The PHBP covers ER visits that are for “sudden and serious diagnoses.” That means something:

- That has generally troubled you for less than 24 hours;
- Cannot be handled in a doctor’s office;
- Cannot safely wait for a doctor’s office to open; or
- Is so serious or life threatening that it cannot wait at all.

Here are some general tips to help you decide if you should make a trip to the ER.

- Always go to the ER for any of the following conditions: loss of consciousness; signs of a heart attack or stroke; sudden, severe pain; a major injury, such as head trauma; or, a severe reaction to an insect bite.

- However, if you have had these symptoms for days, could have gone to your doctor during office hours, or could have waited for the next opening at the doctor’s office, then it might not be covered.
- Finally, most colds and coughs, earaches, minor injuries or burns, and other common ailments do not warrant a trip to the ER.

If the visit is not covered, you will be responsible for a bill that could be in excess of \$1,000.

To ER or not to ER? It can be a difficult choice

If you are not sure a condition is a true emergency, here are some steps you can take:

- **Call your doctor—no matter what time it is—to describe your symptoms.** If your problem is urgent, though not an emergency, most doctors will find a way to see you in their office as soon as possible. Even if your doctor is not on duty, he or she will likely have someone covering for them who can talk to you about your situation.
- **Do not go to the ER just because it seems more convenient or because you do not want to take time off from work.** That might end up costing you much more than a day’s wages.
- **If you do not currently have a primary care doctor, consider getting one.** Urgent problems, whether requiring an ER or not, by definition arise unexpectedly and usually very inconveniently, so having a doctor you know is better than scrambling for one at the last minute.
- **Local urgent care centers and some doctor’s offices have late hours and weekend hours.** Call MagnaCare (877-624-6210) or Health Advocate (866-799-2723) to find one near you. Even if the facility is not in MagnaCare’s network, it might be much less expensive than a denied ER bill.

When you need them, Emergency Rooms can be life-saving. Never delay going to the ER when it is a true emergency! Using your ER benefits wisely can help save you and the PHBP important healthcare dollars.

There is Still Time to Complete Your WBA—And Earn \$50!

When you and/or your eligible spouse complete a WBA before December 31, 2011, you and/or your eligible spouse will be eligible to receive \$50 each from the PHBP. And, when you get your health screenings (as long as you complete a WBA by December 31, 2011), you will both be eligible to receive an additional \$50 each. **In other words, if you and your eligible spouse both complete WBAs and both get FREE health screenings, you will be eligible for \$200 from the PHBP.**

Do Not Miss Out: WBA Deadline Extended to December 31, 2011!

You and/or your eligible spouse have until December 31, 2011 to complete your Well-Being Assessment online, and be eligible to receive \$50 each. Go to www.myconnecttohealth.com and register (if you have not already done so) to take the WBA.

Coming Soon to a Neighborhood Near You: PHBP Area Group Practices

Effective October 1, 2011, you will be able to get your adult annual well-care visit 100% covered by the PHBP at the ten conveniently located multi-specialty group practices listed below. These practices are participating providers in the MagnaCare network. Before this improvement, there would have been a \$25 co-payment for adult annual well-care visits received at these practices. Please note that co-payments for all other services, other than the annual adult well-care visits, will apply. You can find out more about each PHBP Area Group Practice by visiting their website, shown below, or by calling them.

Practice	Address	Phone Number
New York		
Crystal Run Healthcare www.crystalrunhealthcare.com	61 Emerald Place, Rock Hill, NY 12775	845-703-6999
	7 Hatfield Lane, Goshen, NY 10924	845-703-6999
	155 Crystal Run Road, Middletown, NY 10941	845-703-6999
	300 Crystal Run Road, Middletown, NY 10941	845-703-6999
	807 Route 17M, Monroe, NY 10950	845-703-6999
Mount Kisco Medical Group www.mkmg.com	48 Route 6 and Mahopac Avenue, Yorktown Heights, NY 10598	914-248-5556
	185 Route 312, Brewster, NY 10509	845-278-7000
	2050 Route 22, Brewster, NY 10509	845-278-6625
	2507 South Road Route 9, Poughkeepsie, NY 12601	845-471-3111
	60 Merritt Boulevard, Fishkill, NY 12524	845-765-4990
	1940 Commerce Street, #201, Yorktown Heights, NY 10598	914-962-5577
	1825 Commerce Street, Yorktown Heights, NY 10598	914-962-5060
	90 South Bedford Road, Mount Kisco, NY 10549	914-241-1050
ProHEALTH Care Associates www.prohealthcare.com	200 West Carver Street, #1, Huntington, NY 11743	516-622-6000
	789 Old Country Road, Plainview, NY 11803	516-622-6000
	4045 Hempstead Turnpike, Bethpage, NY 11714	516-622-6000
	2800 Marcus Avenue, Lake Success, NY 11042	516-622-6000
Staten Island Physician Practice www.si-pp.com	1050 Clove Road, Staten Island, NY 10303	718-816-6440
	4771 Hylan Boulevard, Staten Island, NY 10312	718-816-6440
Stony Brook Family Medical Group www.stonybrookphysicians.com/family-medicine.asp	31 Oak Street, Suite 3, Patchogue, NY 11772	631-444-5858
	181 N. Belle Mead Ave, Suite 2, East Setauket, NY 11733	631-444-8822
WestMed Medical Group www.westmedgroup.com	33 Davis Avenue, White Plains, NY 10605	914-831-2900
	3020 Westchester Avenue, Purchase, NY 10577	914-831-4100
	2700 Westchester Avenue, Purchase, NY 10577	914-682-0700
	1 Theall Road, Rye, NY 10580	914-848-8888
	700 White Plains Road, Suite 241, Scarsdale, NY 10583 <i>Women's health services only at this location</i>	914-831-4170
	700 White Plains Road, Suite 271, Scarsdale, NY 10583 <i>Women's health services only at this location</i>	914-831-6830
	210 Westchester Avenue, White Plains, NY 10604	914-682-0700
	170 Maple Avenue, White Plains, NY 10601 <i>Women's health services only at this location</i>	914-831-6800
	Ridge Hill, 73 Market Street, 2 nd Floor, Yonkers, NY 10710	914-848-8073
New Jersey		
Jersey Shore Monmouth Family Medicine	2130 Highway 35, Suite 324, Sea Girt, NJ 08750	732-974-1980
	500 Candlewood Commons, Building 5, Howell, NJ 07731	732-364-1400
Summit Medical Group www.summitmedicalgroup.com	1 Diamond Hill Road, Berkeley Heights, NJ 07922	908-277-8800
	34 Mountain Boulevard, Warren, NJ 07059	908-277-8800
	560 Springfield Avenue, Westfield, NJ 07090	908-277-8800
Valley Health Medical Group www.valleyhealth.com	40 Washington Avenue, Dumont, NJ 07628	201-387-7055
	1114 Goffle Road, Hawthorne, NJ 07506	973-423-1364
	85 Chestnut Ridge Road, Montvale, NJ 07645	201-930-1700
	72 Hamburg Turnpike, Riverdale, NJ 07457	973-835-7290
	780 Cedar Lane, Teaneck, NJ 07666	201-836-7664
140 Franklin Turnpike, Waldwick, NJ 07463	201-447-3603	
Connecticut		
Danbury Office of Physician Services www.danburyhospital.org/Our-Services/Danbury-Office-of-Physician-Services.aspx	3423 Danbury Road, Brewster, NY 10509	845-279-7200
	21 South Street, Ridgefield, CT 06877	203-438-6541
	41 Germantown Road, Danbury, CT 06810	203-743-9797
	79 Sand Pit Road, Suite 102, Danbury, CT 06810	203-749-5700
	36 Charles Colman Road, Pawling, NY 12564	845-855-5923
	96 Route 37, New Fairfield, CT 06812	203-746-6000
	60 Old New Milford Road, Brookfield, CT 06804	203-775-6365
	169 Danbury Road, New Milford, CT 06776	860-355-6949
22 Old Waterbury Road, Suite 108, Southbury, CT 06488	203-262-4200	

The Adventures of Larry and Linda

To help you connect to, and take charge of, your health and well-being, the PHBP would like to introduce you to Linda and Larry.

We hope you enjoy our “reality” programming—and get some helpful tips for taking advantage of your benefits and connecting to your health.



Meet Larry and Linda. Larry is an IBEW Local 3 member. He is married to Linda and they have two teenage kids. Larry is 43, 20 pounds overweight and does not exercise on a regular basis. Working all day as an electrician is exercise enough. He enjoys watching sports on TV and occasionally walking the dog. Linda also does not exercise on a regular basis. Caring for her family and home take up all of her energy. Linda smokes a pack a day and would like to lose 15 pounds.

Let’s join them on their journey to healthier lives.

March 2011 Linda and Larry get a postcard announcing the new **Connect to Health** program, the PHBP’s partnership with Healthways, and that they can get \$50 each if they take a Well-Being Assessment. Linda shows it to Larry. Larry glances at it and throws it in the trash.

April 2011 Larry and Linda receive another announcement from the PHBP, encouraging them to complete a WBA.

Linda says she is considering it. Larry says he is, too, but the baseball season has started and he has a date with the couch and his remote control. Linda goes to the Healthways website, completes her WBA, and receives her personal well-being report. She indicated that her goals are to stop smoking and lose 15 pounds. She is interested to learn that she now has access, at no cost to her, to the QuitNet program and a lifestyle coach to help her with her weight loss goals. She cannot wait for her \$50 check from the Plan to arrive.

July 2011 A **Connect to Health** newsletter arrives. Linda tells Larry he still has time to complete his WBA and get \$50. Larry wonders if the WBA has something to do with boxing or women’s basketball. Whatever; the baseball game is about to start.

September 2011 Linda and Larry get an invitation to attend a **FREE** Health Fair and/or health screening. Larry still has not completed his WBA. Linda reminds him about the \$50 she got when she completed her WBA. She tells Larry that they can get another \$150 if he completes his WBA and they both get health screenings. Larry is starting to get interested.

*Will Linda stop smoking and finally fit into that dress in the back of her closet?
Will Larry get off the couch to attend the Health Fair? Check back on the JIB website (www.jibe.org) for the further adventures of Larry and Linda as they take those first steps to Connect to Health.*



Read more inside.
FREE Health Screenings and Health Fair Coming This Fall!
For Your Well-Being
CONNECT TO HEALTH



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