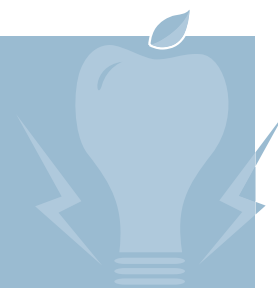




**CONNECT
TO HEALTH**
For Your Well-Being

Newsletter



VOLUME 1 SUMMER 2011

BENEFITS NEWS FOR YOUR WELL-BEING

Welcome to the first edition of your quarterly **Connect to Health** newsletter from the Pension, Hospitalization and Benefit Plan of the Electrical Industry.

In addition to messages from our new Chief Medical Officer, Dr. Michael Makover, each issue will bring you helpful tips and tools so you can strengthen your commitment to your own health and well-being by making the right connections. You will find articles on how to take advantage of all the benefits offered by the Plan itself and the **Connect to Health** wellness and health management program, as well as information and resources related to special “events.” You will also find a variety of health and wellness articles on the Joint Industry Board (“JIB”) website (www.jibe.org) that will help you take charge of your health. All you need to do is click on the **Connect to Health** icon. And, occasionally, we’ll be including some “official” notices required by law.

This year, we introduced several benefit improvements and initiatives as part of our commitment to wellness and preventive care—our commitment to your health. These not only include coverage of annual physicals performed at the **JIB Medical Department** or at your doctor’s office, adult immunizations and pre-natal vitamins—but also our **Connect to Health** program: the Healthways Well-Being Assessment™, Personal Health Coaching, Diabetic and Nutritional Counseling, and a Smoking Cessation program.

Please take the time to read this newsletter so you can learn about all the health and wellness benefits offered by the Plan. Look for future issues—all designed to help you make the right connections to “commit to health.”

Medical Corner News from our CMO

Michael E. Makover, MD
Chief Medical Officer

Dr. Michael Makover, a professor of medicine at NYU School of Medicine, joined JIB in March of this year as our first CMO. Welcome to the JIB, Dr. Makover!



I’d like to thank you all for this opportunity. I am very excited about the possibilities of working for you and your families. This is an exciting and challenging time for medicine, and I think we have great programs in place to meet those challenges—and to provide you and your family with the medical care you need and deserve.

I’ll start with a brief introduction about myself. I am a long-time professor of medicine at the NYU School of Medicine and a professor at the NYU College of Arts and Sciences. I have seen patients in several specialties, including internal medicine and rheumatology. I have also done considerable research, teaching, and publication on medical ethics and the process and economics of health care.

My greatest interest has always been preventive medicine. It is so much better to stay healthy than it is trying to fight off disease once you’re already sick. More and more, people are beginning to realize how effective good preventive care can be. I am eager to use my experience in every way possible to enhance all the Fund’s programs and to create new ones.

We are already making improvements in the way we provide you with care:

- The way we schedule appointments at the **JIB Medical Department** has been adjusted to allow doctors to have longer visits with patients for comprehensive check-ups and follow-up visits.
- We are developing expanded preventive and disease management programs.
- We are launching a CardioPrevention Program (CPP). The CPP will provide selected patients with access to screenings that detect atherosclerosis (hardening of the arteries, one of the greatest killers and disablers) at the earliest stages, as well as comprehensive treatment to prevent and control the disease.
- We are also adding other screening tests to all general check-ups to help detect more conditions as early as possible.
- We have implemented new procedures to help ensure that patients have a greater understanding of their conditions and needed care before they leave the office.

These enhancements reflect our dedication to helping our Participants achieve long and healthy lives.