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The Brand New NWPP New name, logo, and website

You might have noticed a few changes lately! Earlier this year Northwest Plumbing & Pipefitting Industry Health, Welfare & Vacation Trust changed our name to NW Plumbers & Pipefitters Health Fund (NWPP). While the name has changed, the comprehensive and affordable benefits offered to you and your family remain the same.

We also launched a brand new and expanded website! Designed with you in mind, the site is built to help you better understand your benefits and quickly find useful Plan information.

The new site is mobile-friendly, easy to navigate and packed with details about your benefits and who to call for specific questions. There is information about the no-cost wellness programs available to you, a section dedicated to retiree benefits, and more.

On the new NWPP website you can find:

- Forms and documents, such as Plan booklets, claim and enrollment forms, etc.
- Benefit information and how to find a provider
- Plan news with important updates and healthy living articles
- Contact information for NWPP, all benefit carriers and programs
- A secure login to view your personal Plan and claim information



Visit the all new
nwplumberstrust.com





Understanding Your Benefits

A brief overview of your health coverage

Do you know the details of your medical, prescription, dental and vision coverage? Here is a short overview of some of the top benefits and programs you have access to. Be sure to visit nwplumbertrust.com for additional details and to learn more about your other benefits including Disability and Vacation.



Medical coverage

YOUR PREFERRED PROVIDER NETWORK:

Premera Blue Cross

YOUR NETWORK: BlueCard PPO

YOUR BENEFITS INCLUDE:

- Nationwide access to highly qualified healthcare providers
- Medical appointments and hospital services
- Teladoc virtual care visits (free!)
- Fully covered preventative benefits
- Medical supplies, such as hearing aids
- Maternity leave benefits, and more

FIND A PROVIDER: Visit www.premera.com/sharedadmin and search the BlueCard PPO network, or call (800) 810-BLUE (2583) and reference the prefix FIT



Vision coverage

YOUR INSURANCE: NWPP Self-Funded Plan

YOUR IN-NETWORK: You may see any provider you like with set reimbursement amounts

YOUR BENEFITS INCLUDE:

- Partial reimbursements for vision hardware
- Covered at 100% annual eye exams
- Partial reimbursements for contacts
- Certain surgical procedures



Prescription coverage

YOUR PHARMACY BENEFIT MANAGER: CVS/Caremark

YOUR NETWORK: CVS/Caremark locations, or mail order

YOUR BENEFITS INCLUDE:

- Affordable co-payments
- 90-day supplies on many prescriptions
- Numerous locations across the area

FIND A PROVIDER: To find a CVS/Caremark location or to transfer or refill a prescription for mail order, visit www.caremark.com or call (866) 818-6911



Dental coverage

YOUR DENTAL ADMINISTRATOR: Delta Dental of Washington

YOUR NETWORK: Delta Dental of Washington PPO

YOUR BENEFITS INCLUDE:

- Affordable cost share
- Preventive exams
- Restorative and other procedures

FIND A PROVIDER: Visit www.deltadentalwa.com or call (800) 554-1907

For more detailed information please review your Plan Booklet or visit nwplumbertrust.com.

Health Fairs Can Help Keep You Healthy

Upcoming fairs for NWPP participants that offer no cost tests and flu shots



Health fairs bring together a range of health professionals including doctors, nurses and others that can help you learn more about ways to manage your health and wellbeing. In addition, community health fairs are a convenient, safe and no-cost way to get many kinds of lab tests as well as your annual Flu shot.

Take the time to visit one of the three upcoming health fairs offered by NWPP — not only can you get many annual tests in one location, but you can also gain a better understanding your current health.

Find A Health Fair Near You

NWPP has partnered with the Pacific Health Coalition to bring three health fairs to Washington locations. We hope you and your family are able to join!

At the Health Fair you can register to get:

- Your annual flu shot
- A blood test to check thyroid levels
- A blood test to check your Vitamin D
- Prostate Disease screening if over 40
- A diabetes screening, and more!

Spokane

DATE:

September 21, 2024

TIME:

8 am – 12 pm

LOCATION:

New location this year!
Davenport Grand Hotel
333 W. Spokane Falls Blvd.
Spokane, WA

Kent

DATE:

September 28, 2024

TIME:

8 am – 12 pm

LOCATION:

IBEW Local 46
Electrician's Hall
19802 62nd Ave S.
Kent, WA

Bothell

DATE:

October 19, 2024

TIME:

8 am – 12 pm

LOCATION:

IUOE Local 302
Union Hall
18701 120th Ave NE
Bothell, WA

Pre-Registration Is Required

Testing is available to adults over the age of 18. Pre-registration for lab tests and flu shots is required and now available. Pre-registration closes the third Friday prior to the fair date, so don't delay!



Visit www.coalitionhealthfair.org to register today.

Power Up Your Workday

Tips for having a lower stress day

You work hard, and at times things can get stressful. While no one can predict what may come up in a day, there are steps you can take to set yourself up for a more productive and positive workday.

Harness the power of routine.

Set yourself up for success by establishing personal habits that help you feel your best and stay focused. This may mean starting your day with a power-packed breakfast, working out in the morning, going for a walk, or taking time to reflect. Whatever it may be, find something that helps center you and make that a non-negotiable part of your daily routine.

Be a time management master.

Take control of your schedule by prioritizing tasks, setting realistic deadlines, and breaking down larger projects into manageable chunks. Embrace the power of time-blocking to allocate dedicated periods for focused work, uninterrupted by distractions. But also...

Take breaks.

Research shows that micro-breaks — short breaks of approximately 10 minutes — taken during the workday are surprisingly effective for recovering from daily work stress and various job demands. Breaks in general can provide more energy, motivation, and concentration for the rest of your day.

Fuel up.

To ensure you have the stamina to tackle any challenge that comes your way, fuel up with a balanced diet and by drinking plenty of water. Avoid sugary snacks that can cause energy crashes by planning meals in advance and packing nutritious snacks for on the go.

Get organized.

Taking time to organize your gear and your environment can help you stay focused and reduce stress throughout the day.


Take time for recovery.

Sometimes it's easy to prioritize work above all else, but over time this can lead to feeling burnt out, stressed and exhausted. Make time for regular exercise to strengthen your body and reduce stress, whether it's hitting the gym, going for a run, or shooting hoops. Prioritize sleep to recharge your body and mind, ensuring you wake up refreshed. And don't forget to indulge in hobbies and activities that you enjoy and help you feel rejuvenated.

Source: Harvard Business Review & ntea.com

Need help managing stress?

NWPP offers all participants Uprise Health Member Assistance Program at no cost. From help with work and family stress, depression, and anxiety, to finding resources and support for financial guidance, childcare, elder care and more, Uprise Health can help you find ways to reduce your day-to-day burdens.

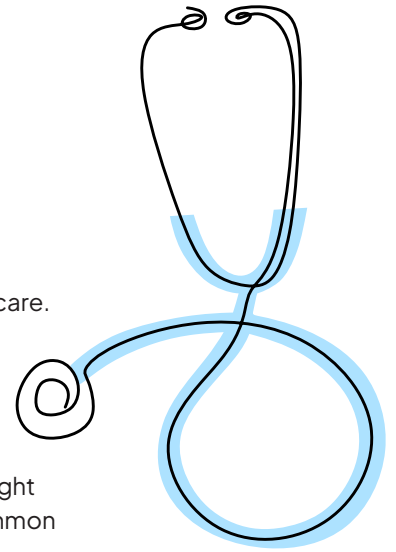
 Visit members.uprisehealth.com and register with access code: NWPPMAP or call Uprise Health MAP toll-free at (855) 697-7940.

How Do You “Healthcare”

Different approaches to accessing care

There are few one-size-fits-all solutions in life, and this is especially true when it comes to healthcare. Some people rarely, if ever, go to the doctor, while others go at the first sneeze or sniffle. Some people power through and ignore their symptoms, and some try home remedies before they even consider calling a doctor.

How someone approaches their healthcare can be influenced by their attitude toward health, personal beliefs and preferences, experiences, and circumstances. Whatever your approach might be, NWPP wants to make sure that you know what options are available to you. Here are four common healthcare approaches and some benefit services that may be a good fit:



I'm on it!

This person proactively schedules check-ups and preventive care, wanting to stay healthy and catch issues early.

If this is your approach, you likely make use of your benefits and have a primary care doctor already. You may also benefit from **Teladoc® virtual visits** and the **Uprise Health Member Assistance Program** that can help you manage stress and maintain healthy habits.

It's not a big deal.

This person might wait until health issues become uncomfortable or concerning before visiting a doctor.

If you put off visiting the doctor you may benefit from scheduling a **quick virtual check-in** with your primary care doctor or a Teladoc board certified physician. This will give you an opportunity to ask about your symptoms, without delaying care or needing to go in to the doctor's office.

I don't want to go.

This person may avoid going to the doctor altogether, often waiting until faced with urgent or serious health issues.

If this is you, anytime **Teladoc virtual visits** helps you make time for your care at a time that works for you. You could also consider joining an online or phone-based wellness program such as **Quit For Life™** tobacco cessation program, or **Uprise Health Member Assistance Program** to improve overall health habits while avoiding in-person visits.

I live a healthy lifestyle.

This person tends to rely on self-care or alternative methods for managing their health. While they may keep up with routine screenings they may also avoid going in until absolutely necessary.

If you embrace a healthy lifestyle, scheduling quarterly or bi-annual **virtual check ins with a primary care** can help you stay on track, and making use of **massage**, **chiropractic**, and **acupuncture** benefits will support your efforts.

Source: The New England Journal of Medicine

Visit nwplumberstrust.com to:

- Schedule a no-cost virtual care with **Teladoc®**
- Find a **medical provider**
- Learn more about **Uprise Health Member Assistance Program** services
- Join the **Quit For Life®** tobacco cessation program to get free coaching and supplies
- Download a copy of your **Plan Booklet** to learn more about your benefit coverage



Plan Numbers to Know

WPAS – NWPP PLAN ADMINISTRATOR

Contact for general questions, eligibility, medical and vision claims and benefits, and vacation

(206) 441-7574

(866) 417-4240

www.wpas-inc.com

PREMERA BLUE CROSS

Contact to find a provider

(800) 810-2583

www.premera.com/sharedadmin

CVS/CAREMARK

Contact for retail and mail order prescription drug questions and claims

(866) 818-6911

www.caremark.com

DELTA DENTAL

Contact for dental plan questions and claims

(833) 604-1246

www.deltadentalwa.com

UPRISE HEALTH

Contact for Member Assistance Program for mental health and other support services

(855) 697-7940

members.uprisehealth.com

Online Access Code: NWPPMAP

TELADOC®

Contact to schedule a virtual care appointment with a licensed and board-certified provider

(855) 332-4059

teladoc.com/premera

QUIT FOR LIFE® PROGRAM

Contact for help quitting tobacco

(866) 784-8454

