

## PLUMBERS & FITTERS LOCAL UNION #295 HEALTH & WELFARE FUND

c/o National Employee Benefits Administrators, Inc. (NEBA)  
8657 Baypine Road, Building 5 – Suite 200, Jacksonville, FL 32256  
Phone (904) 538-0100 • Fax (904) 538-0088 • Toll-Free (888) 396-5899  
Email: [nebajax@secure.neba-fl.com](mailto:nebajax@secure.neba-fl.com)

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January 1, 2021

Dear Participant,

As you will recall, beginning January 1, 2021, the medical deductible increased 10x (from \$250 to \$2,500 for single coverage and from \$500 to \$5,000 for family coverage) if you and your spouse, if applicable, did not comply with/participate in the Wellness Initiative in 2020 (for the 2021 Calendar Year). **Thank you to everyone that did comply with/participate in the 2020 Wellness Initiative as we had a great response and majority of our members will get to keep the low medical deductible in 2021! The health of our members and their families is of most importance to us.**

It's already time to renew for 2022! In order to maintain the lower medical deductible for 2022 or if you're at the higher medical deductible for 2021 and want the increased benefit (lower deductible) in 2022, be sure to have the enclosed Wellness Form completed in 2021 by your treating physician and returned to the Fund Office no later than December 31, 2021.

Note, if you and/or your spouse, if applicable, do not timely comply with the Wellness Initiative in 2021, the applicable medical deductible beginning January 1, 2022 will increase. Completed Wellness Forms must be received by the Fund Office no later than December 31, 2021 in order to maintain (or initiate) the lower medical deductible in 2022. Changes to the applicable medical deductible are only made prospectively and at the beginning of the calendar year (i.e. January 1<sup>st</sup>). If you have a medical condition that prevents you from complying with the Wellness Initiative, please contact the Fund Office for alternative options.

**The 2021 wellness certification will be effective January 1, 2022 and good through December 31, 2022!**

If you have any questions/concerns regarding the Wellness Initiative or the form, please contact the Fund Office by calling 1-888-396-5899. As a reminder, see below regarding Teladoc, Cigna's Lifestyle Management Program and Minute, Convenience and Urgent Care Clinic benefits available for participants and their families.

Sincerely,

Board of Trustees

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### **Teladoc**

Teladoc is a national network of U.S. board-certified physicians and pediatricians that the Board of Trustees have contracted with to assist you in resolving your routine medical issues, on-demand 24/7, via phone or online video consultation from wherever you happen to be. Setup your account online ([www.teladoc.com](http://www.teladoc.com)) or by phone (800-teladoc). **Remember, it's free!**

### **Cigna's Lifestyle Management Program**

Whether your goal is to lose weight, quit tobacco or lower your stress levels, you have the power to make it happen. Cigna/CareAllies Lifestyle Management Program can help and at no cost to you! Each program is easy to use and available where and when you need it. You can use each program online or over the phone, or both. Call 866-417-7848 or visit [myCareAllies.com](http://myCareAllies.com) for more information. **Remember, it's free!**

### **Minute, Convenience & Urgent Care Clinics are 100% free to use!!!**

All services received at Minute, Convenience and Urgent Care Clinics are covered at 100% and not subject to any deductible or co-pay. These clinics can be found in your community and are conveniently located within stores such as CVS, Walgreens, Publix, Wal-Mart, Target and as stand-alone businesses such as CareSpot, Centra Care, Twin Lakes, MediQuick, Palm Coast Urgent Care, Urgent Care New Smyrna and Ormond Beach and Brevard County Health First Walk in Clinic.

Remember, medical emergencies should always be directed to the closest Emergency Room. When it's not an emergency, use a Minute, Convenience or Urgent Care Clinic. This will save you and the Fund money!



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c/o NATIONAL EMPLOYEE BENEFITS ADMINISTRATORS, INC.  
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(904) 538-0100 – Toll-Free (888) 396-5899 – Fax (904) 538-0088  
Email: nebajax@secure.neba-fl.com

## 2022 WELLNESS INITIATIVE

**Directions:** Provide this form to your treating physician for completion. Beginning January 1, 2022, in order for your Annual Deductible to remain at \$250 (single) or \$500 (family), this form must be completed in its entirety by your treating physician and returned to the Fund Office by fax or secure email (see above for fax number or email address). **Note, for those participant's with family coverage, in order for your Annual Deductible to remain at the \$500 (family) level beginning January 1, 2022 for your entire family, a wellness form must be completed in its entirety for both the participant and his/her spouse, if applicable.**

**THIS FORM MUST BE COMPLETED EVERY YEAR AND SUBMITTED TO THE FUND OFFICE.** If you have any questions/concerns, contact the Fund Office by calling 1-888-396-5899.

Participant Name: \_\_\_\_\_

Last Four of SSN: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**If this completed form is for the Participant's Spouse, provide the following information:**

Spouse Name: \_\_\_\_\_

Spouse's Last Four of SSN: \_\_\_\_\_ Spouse's Date of Birth: \_\_\_\_\_

### To Be Completed By Physician

On \_\_\_\_\_ (date cannot be before January 1, 2021 to qualify),

\_\_\_\_\_ (Participant or Spouse's name), had an annual routine check-up performed in my office. Based on my opinion, I have referred him/her for appropriate diagnostic testing based on his/her age, sex and health condition (if necessary).

Physician Name: \_\_\_\_\_

Physician Address: \_\_\_\_\_

Physician Signature: \_\_\_\_\_

Date: \_\_\_\_\_

