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**Office Hours**

Monday-Friday  
 7:00 a.m.-4:30 p.m.

**Phone Hours**

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 7:30 a.m.-4:30 p.m.

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# BENEFIT BUZZ



AN OFFICIAL PUBLICATION OF THE ST. LOUIS LABORERS' BENEFIT OFFICE

MAY 2017 EDITION

## Checked your blood pressure lately?

**W**hen you go to the doctor they normally check your blood pressure, and there is a good reason for that!

To be considered a normal blood pressure, the top number should be between 90 and 120. The bottom number should be between 60 and 80. What exactly does the top and bottom number mean?

The top number is called the systolic number and refers to the amount of pressure you have in your arteries when it beats. The bottom number is called diastolic and refers to the amount of pressure in your arteries between beats.

Catching high blood pressure early can prevent possible medical issues in the future. Untreated high blood pressure can lead to stroke, heart attack, or blood clots. Scary, right?

Not only can high blood pressure cause medical issues, low blood pressure can too. Untreated low blood pressure can cause dizziness, fainting, blurred vision, fatigue and depression.

The good news is, checking your blood pressure is very easy. If you go to the doctor regularly, they most likely check your blood pressure and would let you know if it is too high or low.

If you do not go to the doctor very often, you can still get your blood pressure checked. Most pharmacies have a blood pressure machine that you can use on your own. If you use their machine and your blood pressure is high or low, make sure to make an appointment with your doctor to discuss.

You can also buy a blood pressure monitor at most stores or pharmacies.

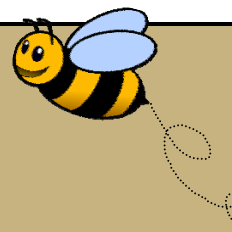
Your insurance will not pay for a blood pressure machine, however, some people like the convenience of being able to check their blood pressure at home.



Having high or low blood pressure is very treatable so make it a priority to get checked out!

As always, please call the **Benefit Office** if you have questions regarding benefit coverage at 314-644-2777 ext. 2. We are here to help!

# PENSION BUZZ



## Pension Wall of Fame

The Greater St. Louis Construction Laborers' Pension Fund would like to take this opportunity to congratulate some of our recent retirees on their next chapter, Retirement!

We know that working as a laborer is not an easy task. That is why we would like to take a moment to honor all of our retirees for all of their hard work and dedication to the Labor trade and share some fun facts with you.

Below are some of our Laborers who have recently retired and participated in the Pensioner Wall of Fame photo session.



**Steven Tiffany**  
**Local 110**

- Steven has been laboring for 31 years.
- He is looking forward to retiring at the lake house and spending time with his lovely spouse and daughter.



**Richard Earls**  
**Local 110**

- Richard has been laboring for 27 years.
- After retirement, he wants to catch up on some rest, move to Goose Lake and spend the winters in Florida.



**Jerry Hanephin**  
**Local 110**

- Jerry has been laboring for 31 years.
- After retirement, he plans on traveling, fishing and restoring cars.



**Lawrence Povis**  
**Local 110**

- Lawrence has been laboring for 22 years.
- After retirement, he would like to go bowling, golfing and traveling.



**Jose Quiroz**  
**Local 110**

- Jose has been laboring for 19 years.
- He is looking forward to traveling and taking a trip to Mexico to celebrate.



**Jim Vogt**  
**Local 110**

- Jim has been laboring for 30 years.
- He is looking forward to hunting after retirement!
- Jim wants to thank Budrovich & Kelp Contracting for the many years of employment.

Look for your next Pension check to be mailed on **May 24, 2017**



# Better Hearing Month

May is Better Hearing Month, so we wanted to take a minute and talk about what that means for you. The goal of Better Hearing Month is to raise awareness about hearing problems, and to educate people about their own hearing and what is available to you if you do have a problem.

Below are some signs of hearing loss:

- Asking people to repeat themselves
- Turning your ear in the direction of the sound to hear better
- Not being able to hear all parts of a group conversation
- Having pain or ringing in the ears
- Listening to the TV or radio at high volumes

Don't forget you can get your hearing tested at the Health Fair as well!



If you are experiencing any of the above signs, you may want to consider getting your hearing checked by a doctor to see if you are in need of hearing aids. Take a look below to see what the Hearing Aid Benefits are for active and non-Medicare eligible members.

HEARING AID BENEFITS	
INDIVIDUAL HEARING AID CO-PAYMENT	\$25 Per Hearing Aid
BENEFIT AMOUNT	\$1,500 Per Hearing Aid
BENEFIT PERIOD	One Hearing Aid per ear each 48 months

Amplifon Hearing Health Care is a hearing aid discounter that your insurance works with to get the best possible prices and services for your aid(s). When you call Amplifon Hearing Health Care at 888-669-2171, you will be connected with one of their Patient Care Advocates who will help you find a hearing care provider near you.

Once they find a provider for you, they will assist you with making an appointment with that provider and will send information to you and your provider.

Not only will you get great service and pricing when you use Amplifon Hearing Health Care, you will also get the following:

- Hearing aid low price guarantee: Bring them a local quote and they will beat it by 5%!
- 3-Year warranty
- Risk-free 60-day trial: 100% money back guarantee if you are not satisfied with your hearing aids
- Free batteries: two year supply (max 160 cells per hearing aid which is about a \$150 value)
- One year free follow-up care

*Amplifon Hearing Health Care also has a current coupon for \$50 off one hearing aid or \$125 off two hearing aids. Coupon expires May 31st, 2017.*

As you can see, Amplifon Hearing Health Care offers great benefits and wants to help you. Call them today, at **888-669-2171**.

**\*\*Notice to Medicare Eligible members:** You are not eligible for the above benefits, however, you are able to take advantage of their coupon and save! Call Amplifon Hearing Health Care today!



# Larry's Reminders



Larry wants to take time to fill you in about this years Health Fair information! We know everyone's calendar is filling up fast, so we wanted to make sure you know the Health Fair date/time so you can pencil it in!

This year's Health Fair will be held on Saturday, September 23rd from 7am-11am. The fair will be held at Local 110 and all members, spouses and children from Local 42 & 110 are welcome to attend!

There will be...

- Flu Shots
- Blood Draw Screenings
- Blood Pressure Screenings
- Hearing Tests
- Prizes
- Vision Screening
- Chair Massages
- Giveaways
- Food
- Prizes
- So much more!

## HEALTH FAIR 2017

Welcome 42 & 110 Laborers!

Saturday, September 23rd

7:00 am - 11:00 am

### Insurance Coverage Quarters

How many hours do I need to be covered? This is a question we are often asked, so to better explain, here is an example. If you work 275 hours in the St. Louis jurisdiction during the months of September, October and November, you will have coverage beginning January 1. Any hours worked that are over 275 will be put in your bank and can be used towards the next quarter. You can only bank 275 hours.

**QUALIFYING QUARTERS**  
275 HOURS\*

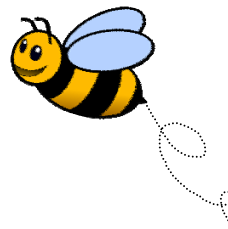


**COVERAGE QUARTERS**



\*If you work outside of the St. Louis jurisdiction you may need more or less than 275 hours for eligibility.

## Find Buzz!



Baby Buzz is hiding again and we need your help finding him!

Like last time, once you find where Baby Buzz is hiding, send us an email at [benefits@stllaborers.com](mailto:benefits@stllaborers.com) and tell us where he was hiding. Don't forget to include your name and Medical ID number. Keep in mind, Baby Buzz will be smaller than the Buzz you see above!

All entries must be received by April 30th in order to be entered into the drawing to win a FREE gift card!

We will BEE looking forward to hearing from you!



The 2017 Wellness Program is now underway!

If you are unable to attend one of the Wellness Events at Local 42, Local 110 or the Health Fair, you still have one more option!

You are able to “test at a lab”, which means you can register and go to the nearest in-network lab. (Generally Lab Corp). You are still eligible for the \$50 gift card when you choose this option. You can register to “test at a lab” by doing one of the following:

- New users can go online at [www.myinteractivehealth.com](http://www.myinteractivehealth.com) and enter the sponsor code of XU8HV. Those of you that participated in the 2016 Wellness Event can use your previous log in information.
- Call 800-840-6100 between 8am-6pm.

If you are interested in the “test at a lab” option, please be sure to register by October 9th, 2017. Just remember, if you choose this option, you **must** register in advance.



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Ways to reach the Benefit Office

- Phone: 314-644-2777
- Email: [benefits@stllaborers.com](mailto:benefits@stllaborers.com)
- Website: [stllaborers.com](http://stllaborers.com)
- Facebook: Laborers' Benefit Office



May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10 Local 110 Union Mtg. at 6:30 pm	11	12	13
14 Mother's Day	15 April Hours Due	16	17	18	19	20 Armed Forces Day
21	22	23	24 \$ Pensioner Payday Local 42 Union Mtg. at 6:30 pm	25	26	27
28	29  MEMORIAL DAY Office Closed	30 Self Pay Due	31			