

Benefit	Website	Phone
<b>Benefits Office</b> (eligibility, COBRA, etc.): Zenith American Solutions	zenith-american.com	602-248-8434 or 800-553-2801
<b>Medical:</b> Blue Cross Blue Shield of Arizona	azblue.com	800-232-2345
<b>Telehealth:</b> BlueCare Anywhere	BlueCareAnywhereAZ.com	844-606-1612
<b>Prescription drugs:</b> MedImpact	medimpact.com	833-229-3589
<b>Dental:</b> Delta Dental of Arizona	deltadentalaz.com	800-352-6132, option 1
<b>Vision:</b> VSP	vsp.com	800-877-7195
<b>Employee Assistance Program (EAP):</b> CompPsych	guidanceresources.com	866-365-0801
<b>Life and AD&amp;D:</b> Zenith American Solutions	zenith-american.com	800-553-2801
<b>Short-term disability:</b> Zenith American Solutions	zenith-american.com	800-553-2801
<b>Pension</b>	zenith-american.com	800-553-2801
<b>Defined Contribution [401(k)]</b>	principal.com or zenith-american.com	800-547-7754 800-553-2801

For more information and tips on how to best use your health benefits, read the Benefits Guide. Contact Zenith American Solutions at 602-248-8434 or 800-553-2801 for further assistance, or visit [poweringarizonabenefits.com](http://poweringarizonabenefits.com).



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## BENEFITS BASICS SUMMER 2024

All content in this newsletter is created and published for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional or delay in seeking it because of something you have read in this newsletter. If you think you may have a medical emergency, call your doctor, go to the nearest hospital emergency department, or call 911 immediately. Please refer to the IBEW Local No. 640 and Arizona Chapter NECA Health and Welfare Trust Fund Plan Booklet for information about your benefits. In the event that the information in this flyer conflicts with the language in the Plan Booklet, the terms of the Plan Booklet shall control.

# YOUR SUMMER JUST GOT SWEETER!

Welcome back to your quarterly newsletter! As you and your loved ones enjoy endless activities and fun times in the sun, don't forget that your health should remain a top priority. In this issue of *Benefits Basics*, we'll provide you with wellness reminders and benefits details so this summer can be your happiest and healthiest one yet.

Don't forget, any information provided in this newsletter can be found on your benefits site, which is available to you 24/7. Just visit [poweringarizonabenefits.com](http://poweringarizonabenefits.com), or scan the QR code to the right to save time.

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# DON'T RISK IT—PREVENT IT

It can be easy to put your health on the back burner, especially during the hustle and bustle of the warmer months. This summer, don't forget to prioritize what matters most: yourself! By investing time to visit your primary care physician (PCP) and using preventive care services, such as annual checkups, screenings, and immunizations, you'll get a current snapshot of your health status. These services will be able to help you avoid or even detect early signs of emerging health problems, including diabetes, heart disease, and certain cancers, before they get too hard to manage and costly to treat.

With your medical plan, provided through Blue Cross Blue Shield of Arizona (BCBSAZ), you have the flexibility to visit a physician nationwide and receive preventive care services free of charge, as long as you stay in the PPO network. Don't have a PCP? No worries—visit [azblue.com](http://azblue.com) and select the **Find Care** drop-down to search for a provider near you, or call **800-232-2345** for assistance.

Don't wait to put your health first. Schedule your preventive care visit today!

## Wait, it doesn't stop there!

Make sure to download the BlueCare Anywhere app BEFORE you need care! You'll need to sign in or set up your account before you can gain access to immediate virtual care from board-certified physicians, counselors, or psychiatrists for only \$10 per visit. It's available 24/7 via your phone, tablet, or computer, and you'll be able to receive care for nonemergency medical issues, including:

- Colds and flu
- Sinus infections
- Bronchitis
- Sore throat
- Aches and pains
- Smoking cessation
- And more!

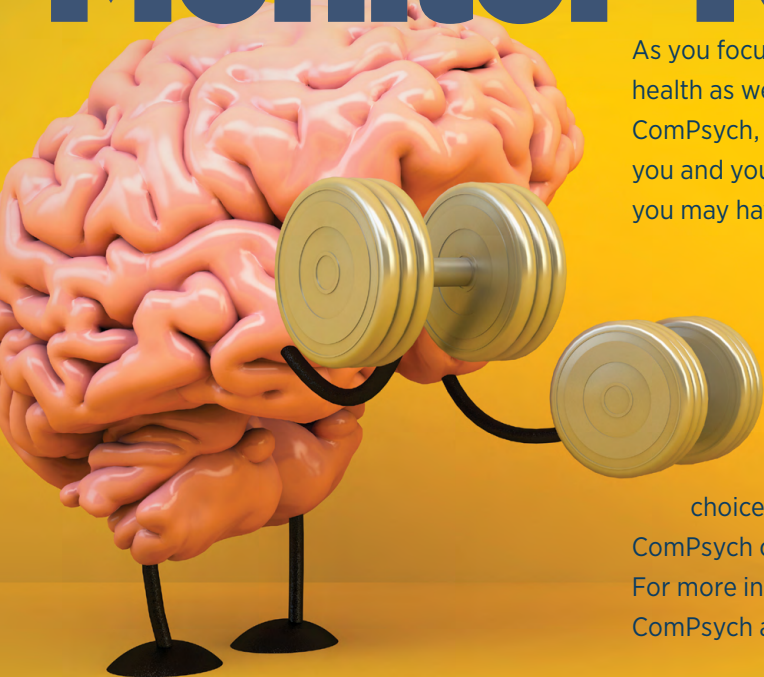
To access your telehealth benefits, make sure to download the app from the **App Store** or **Google Play**, or visit [bluecareanywhereaz.com](http://bluecareanywhereaz.com) to set up a virtual visit.

## Your Pension Benefit Awaits

If you haven't applied for your pension benefit yet, then wait no longer! The Pension Fund offers you a **Defined Benefit Pension Plan** which means that once you retire, you'll receive a fixed monthly pension based on (1) the amount your employer contributes to your Pension Fund and (2) the pension credits you've earned. Once you become eligible for the pension plan, after you've worked at least 300 hours in a 12-month consecutive period, you'll become a participant on January 1 or July 1 (whichever comes first). To apply, you must first file a **Pension Application Form** with the Administrative Office and make a written election of your benefit option on the election form provided by the Plan at least 30 days before the effective date of your pension.

To learn more about how the pension plan works, including information on earning pension credits, vesting, and types of pensions offered, visit [poweringarizonabenefits.com/pension](http://poweringarizonabenefits.com/pension) or contact Zenith American Solutions at 800-553-2801.

# Monitor Your Mental



As you focus on your health this summer, don't forget to include your mental health as well. For your Employee Assistance Program (EAP), provided by ComPsych, no issue is too tough to tackle. With help from a licensed counselor, you and your covered family members can discuss any personal struggle or issues you may have, including:

- Anxiety and depression
- Grief
- Substance misuse
- Financial or legal troubles
- Work-life balance
- Or anything else that's on your mind

You and your covered dependents have access to six FREE confidential sessions per issue, per year with a counselor of your choice. If you find that you require long-term care to address your issue, ComPsych can assist in finding a licensed mental health professional near you. For more information or to schedule an appointment with a counselor, call ComPsych at **866-365-0801**, or visit [guidanceresources.com](http://guidanceresources.com) (web ID: IBEW).