

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



Suite B350  
2001 W. Camelback Road  
Phoenix, AZ 85015

## BENEFITS BASICS WINTER 2025

This newsletter is provided for informational purposes only and is not a substitute for professional medical advice. Do not rely on this content as health or personal advice. Always consult your doctor or a qualified health professional with any health-related questions or concerns. Never disregard professional medical advice or delay seeking it because of the information in this newsletter. If you experience a medical emergency, contact your doctor, go to the nearest emergency department, or call 911 immediately. For details about your benefits, please refer to the IBEW Local No. 640 and Arizona Chapter NECA Health and Welfare Trust Fund Plan Booklet, the Defined Benefit Contribution Retirement Plan Rules Booklet, or the Pension Trust Fund Rules Booklet. In cases where the information in this newsletter conflicts with the Health and Welfare Plan Booklet, the Defined Benefit Contribution Plan Booklet, or the Pension Trust Fund Booklet, the terms of the relevant Plan Booklet shall control.

# THRIVE IN 2025 WITH PREVENTIVE CARE

Welcome back to your quarterly newsletter! This issue focuses on preventive care and staying healthy.

Taking the time to prioritize your health is one of the best investments you can make in yourself. Getting regular preventive care and promptly taking care of minor issues that pop up can help you live a healthier life.

For more information about your health and wellness benefits, visit our website at [poweringarizonabenefits.com](http://poweringarizonabenefits.com), or scan the QR code below to save time.



# THE BENEFITS OF HAVING YOUR OWN PCP

Having a primary care physician (PCP) is important for maintaining your overall health and well-being. A PCP provides continuous, comprehensive care, helping to manage chronic conditions and prevent illnesses through regular checkups and screenings.

Having a PCP means you have someone who knows your medical history and lifestyle, which can lead to more accurate diagnoses and effective treatments. Plus, a PCP can coordinate care with specialists, ensuring a holistic approach to your health.

Some PCPs have convenient ways for you to get in touch with them about nonurgent issues—like calling their office or sending a message through a secure portal, allowing you to promptly get answers to your questions.

To find a PCP, go to [azblue.com/find-a-doctor](https://azblue.com/find-a-doctor). For the best, personalized results, select the left button—**Log in to search**.

If you don't have an account, register for one now at [azblue.com](https://azblue.com). To start, you'll need one of the following:

- **Member ID** (found on your ID card) or
- **Social Security number**

## Good News!

As of February 8, 2025, Phoenix Children's Hospital has been added back to the Blue Cross Blue Shield of Arizona (BCBSAZ) PPO network. You now have access to the dedicated doctors and care teams at Phoenix Children's and can receive in-network pediatric care for your dependent children. To schedule a visit or monitor your benefits, log in to or register for your AZ Blue member portal at [azblue.com](https://azblue.com).

**Note:** If you received care at Phoenix Children's and filed a claim while the facility was out-of-network, your claim will now be reprocessed as in-network and may take a few months to complete.

## Your Dentist and Vision Provider Are True Partners in Keeping You Healthy!

Regular checkups and cleanings can prevent serious dental problems like cavities and gum disease, while routine eye exams can catch vision changes and eye conditions before they worsen.

For example, unchecked gum disease can contribute harmful bacteria to your bloodstream that can damage your heart. And an eye exam can identify early signs of conditions like diabetes.

By prioritizing preventive care, you can avoid more complex and costly treatments down the line, ensuring a healthier future. So, make your 2025 dental and vision appointments today!



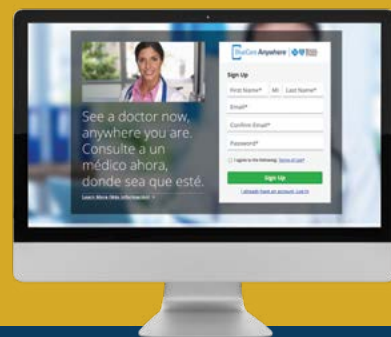
## Save Time and Money with a Telehealth Visit

Need care now but it's not life-threatening? Skip the urgent care waiting room and make a telehealth appointment with BCBSAZ BlueCare Anywhere.

Licensed doctors, counselors, and psychiatrists are available for 24/7 visits on your computer, mobile phone, or tablet for only a \$10 copay. Telehealth care is the most cost-effective way to receive care, and super convenient—prescriptions are often sent directly to your pharmacy.

Some of the conditions you can use telehealth for include:

- Nonemergency medical conditions such as the flu, sore throats, allergies, and ear, eye, or sinus infections
- Minor rashes



### How to Get Started

Log in to [bluecareanywhereaz.com](https://bluecareanywhereaz.com) or use the mobile app.

**Questions?** To learn more about how your health and wellness benefits work, visit [poweringarizonabenefits.com](https://poweringarizonabenefits.com), or contact Zenith American Solutions at 800-553-2801.