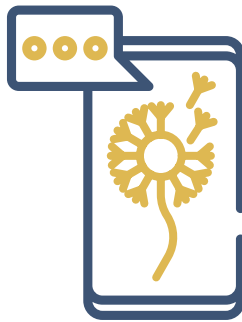


Beat Allergy Season With Telehealth



Spring allergies can strike fast. And when they do, getting the care you deserve doesn't have to mean leaving the comfort of your home. With BlueCare Anywhere, you can connect with a licensed doctor, using your computer, smartphone, or tablet, as well as access virtual care visits 24/7. This makes telehealth a convenient option for nonemergency allergy conditions, like:

- Congestion
- Sinus pressure
- Itchy, watery eyes
- Fatigue
- And more!

Telehealth also offers one of the most cost-effective ways to receive care, with virtual doctor's visits available for only a \$10 copay. If you're feeling under the weather during the upcoming allergy season—or anytime you need quick medical guidance—consider using your telehealth benefit as an easy, affordable alternative to an in-person visit.

Ready to schedule your telehealth visit? Log in to azbluetelehealth.com to get started.

NEW! Hearing Aid Benefit Coming This May



Starting May 1, 2026, hearing aid coverage will transition to our new benefit vendor, TruHearing. Therefore, coverage for hearing aids through Blue Cross Blue Shield of Arizona (BCBSAZ) will end on April 30, 2026.

TruHearing provides access to a nationwide network of hearing care providers and discounted pricing on a wide range of hearing aids. We'll share more details about eligibility, covered services, and how to get started with TruHearing soon. For more information about this benefit, visit truhearing.com/poweringarizona, or call 888-776-9704.

Spring Into Prevention

Spring is a season of fresh starts, which makes it the perfect time of year to take a proactive step for your health! Preventive cancer screenings help doctors detect issues early, often before symptoms appear and become costly to treat, giving you and your care team more care options and peace of mind.



The [U.S. Preventive Services Task Force](#) recommends the following general screening guidelines:

Screening Type	Who It's For	Details
Breast cancer	Women age 40 to 74	Mammogram (once every other year)
Colon and rectal cancer	Everyone age 45 to 75	Stool-based test (once every year or every three years depending on test type) or visual exam (once every 10 years)
Cervical cancer	Women age 21 to 65	Pap smear (every three years) or HPV test (every five years after you turn 30)
Endometrial cancer	Women (postmenopausal)	May require a yearly endometrial biopsy. Talk to your doctor about your medical history and recommendations.
Lung cancer	Everyone age 50 to 80 who: <ul style="list-style-type: none"> • Currently smokes or quit within the past 15 years, AND • Has a 20 pack-year* history of smoking 	Annual low-dose CT (LDCT) scan
Prostate cancer	Men age 55 to 69**	PSA blood test (with or without rectal exam)
Skin cancer	Everyone who: <ul style="list-style-type: none"> • Has a family history of skin cancer • Has had prolonged sun exposure or a history of sunburns • Has fair skin, light hair, or light eyes 	Visual head-to-toe exam (and biopsy, if necessary)

* 20 pack years is equal to smoking 1 pack per day for 20 years or 2 packs per day for 10 years.

** Your personal health history and risk factors can change the recommended age to begin screenings, and their frequency. Talk to your doctor first about the best recommendations for yourself.

You have access to the Blue Cross Blue Shield of Arizona (BCBSAZ) PPO network, which offers you flexibility to see in-network doctors and specialists without a referral. If it's been a while since your last screening or you're not sure what's recommended for you, now is the perfect season to reconnect with your primary care provider and put prevention on your calendar.

Act now and start the conversation about which preventive screenings are right for you. Visit azblue.com to schedule your next visit or find a doctor near you.

Join Principal's May Virtual Workshop!



Market ups and downs and rising prices can make you feel uneasy, especially when you're planning for retirement. To help you stay focused on your long-term goals, Principal is hosting a virtual workshop designed to break down what's happening in today's market and what it could mean for your savings.



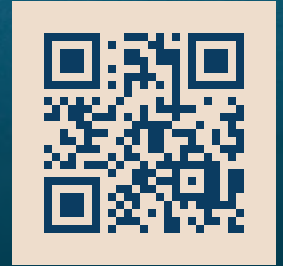
Workshop Webinar: Market Volatility and Inflation

Date: Wednesday, May 20, 2026

Time: 1 p.m. CT

During this session, you'll learn how market volatility and inflation may affect your retirement savings and explore practical strategies to help you stay on track with your long-term plan.

Visit principal.com/learnnow to register today and receive access to the replay.



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BENEFITS BASICS SPRING 2026

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.

Benefit	Website	Phone
Benefits Office: (eligibility, COBRA, etc.): Zenith American Solutions	edge.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): ComPsych	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.

