

TAKE TIME TO RECHARGE

Summer can be one of the busiest times of year. Long workdays, extreme heat, and packed schedules can wind up taking a major toll on both your physical and mental health. That's why it's important to recognize the signs of stress, so you know when to take a step back and recharge.

Signs of stress to watch for:

- » Trouble sleeping or feeling constantly tired
- » Irritability or feeling overwhelmed
- » Difficulty concentrating
- » Changes in appetite or energy levels

Simple ways to manage stress:

- » Prioritize rest, and aim for consistent sleep.
- » Take breaks throughout the day, especially when in the heat.
- » Stay active with light exercise or stretching.
- » Connect with family, friends, or coworkers for support.

If stress begins to feel unmanageable, remember that you don't have to handle it alone. Your benefits include access to an Employee Assistance Program (EAP) through ComPsych, which offers confidential support and resources for emotional well-being, stress management, and more. You and each of your dependents has access to six free sessions (per issue, per year) with a licensed counselor, and for issues that require more long-term care, ComPsych will help you find care in your community.



It's time to take the next step toward protecting your mental health. Use your EAP to get the support you need, and visit guidanceresources.com (web ID: IBEW) or call **866-365-0801** to get started.

Skip the WAITING ROOM



Getting the care you need when you need it shouldn't slow you down. With BCBSAZ BlueCare Anywhere, you can access remote care and connect with a licensed doctor, counselor, or psychiatrist anytime, anywhere using your phone, tablet, or computer.

Telehealth is a convenient option, and for only a \$10 copay per visit, you can set up an appointment for:

- » Minor illnesses, like colds or flu symptoms
- » Allergies and sinus issues
- » Skin conditions
- » General medical concerns
- » Mental health care

To save yourself time and money, consider using your telehealth benefit. Virtual visits are available 24/7, making it easier to get care without leaving your home or when you're on the go. Get started today by logging in at bluecareanywhereaz.com to schedule your next appointment.

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): 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 or 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.

BENEFITS BASICS SUMMER 2026

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LIFE HAPPENS, MAKE SURE YOUR BENEFITS KEEP UP

Did you know that experiencing major life events can affect your benefits? By routinely checking in on your elections and making necessary updates, you’re helping to ensure that you and your family stay covered.

Common life events include:

- » Marriage or divorce
- » Birth or adoption of a child
- » Change in employment status
- » Loss of other coverage

After experiencing a qualifying life event, you have a limited window to update your benefits elections. Acting quickly can help you avoid gaps in coverage or unexpected costs. Even if you haven’t experienced a recent change, summer is a great time to review your current elections and make sure your benefits still meet your needs.



Don’t wait to update!

Contact the Fund Office within 90 days of experiencing a qualifying event at **800-553-2801**, or visit edge.zenith-american.com.