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## Don't Miss the Eighth Annual Benefit Fair

**W**ant to get a health screening or a flu shot? Have a question about your benefits, but can't find time to call your provider? Need to renew your license, state ID or license plate sticker with the Illinois Secretary of State? The eighth annual EIT/Local 134 Benefit Fair is just the place for you. Don't miss out on this free event!

**When:** Saturday, October 30, 8 a.m. to 2 p.m.

**Where:** Union Hall

### Dodge the Flu Bug

To help keep participants healthy, flu shots will be provided to covered participants and their spouses — free of charge — on a first-come, first-served basis. Flu shots are not offered to children of covered participants.

Getting a flu shot is easy. Simply present your Blue Cross Blue Shield of Illinois ID card and a picture ID with your date of birth. You'll be required to read and sign a consent form prior to getting your shot.

### Know Your Numbers, Get a Health Screening

This is your annual opportunity to learn about your health status through a free health screening. In just 20 minutes, a health care professional will check your height, weight, body mass index, blood pressure, non-fasting cholesterol and glucose levels. Additionally, if you're a male age 50 or older, prostate screenings are available.

After you finish your screening, consult with a health care professional to review your results, discuss areas to make health improvements, and ask questions. **All portions of the health screening are private and confidential.**

### Save A Life, Donate Blood

Local 134 and LifeSource will host a blood drive on the second floor of the Union Hall during the Benefit Fair. Stop by and donate blood!

### Your Benefits Haven

It's a rare opportunity to find all of your benefit providers in one place, so come prepared with your benefit questions! This year's Benefit Fair will include representatives from:

- Blue Cross Blue Shield of Illinois
- CVS Caremark
- CIGNA Behavioral Health
- StayWell Health Management
- Vision Service Plan (VSP)
- Mercer Consulting
- Epic Hearing
- Social Security Administration
- The Chicago Electrical Industry Credit Union
- Megent Retirement Consultants
- Illinois Department of Employment Security

### Other Services

Haven't had time to stop by the Union Hall to take care of your errands? At the Benefit Fair you can:

- Purchase 134 merchandise (cash or check only)
- Get your LMCC Certification Card
- Verify your hours and update your personal information
- Renew your license/state ID card or license plate sticker with the Illinois Secretary of State
- Make a blood donation with LifeSource
- Learn more about and/or join the Chicagoland Electrical Credit Union 

### WIN A GIFT CARD!

You could win one of five \$25 Jewel-Osco gift cards! Stop by the EIT booth to enter the free drawing. We'll draw one name each hour beginning at 9 a.m.

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# Get Reimbursed for Your Flu Shot

If you can't make it to the Benefit Fair, you can still get a flu shot at no additional cost to you! Our Health & Welfare plans cover flu shots — even if you get the flu shot outside of a doctor's office (for example, at Jewel-Osco or Dominick's).

In most cases, participating providers agree to submit your claims for you. If your provider does not submit the claim, you may submit your flu shot claim directly to EIT.

Here's how to submit a claim:

1. Clip out this form.
2. Attach your flu shot receipt.
3. Mail the completed form to:

EIT Benefit Funds  
C/O Jean Ryan  
221 N. LaSalle St., Suite 200  
Chicago, IL 60601-1214



## FLU SHOT REIMBURSEMENT FORM

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone number: \_\_\_\_\_

BCBSIL member number: ELT \_\_\_\_\_

**Please attach this form to your flu shot receipt and mail to:**

EIT Benefit Funds  
C/O Jean Ryan  
221 N. La Salle St., Suite 200  
Chicago, IL 60601-1214

**Please allow four to six weeks for processing your receipt.**

# Blood Pressure — It's In Your Control

We all have pressure in our lives that we need to keep under control. Whether it's the pressure to raise a family or to quit a bad habit, we must learn how to effectively manage that pressure, or else it can lead to poor health conditions. The same is true with our blood pressure.

## What's Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls.

## Why Should I Care About My Blood Pressure?

High blood pressure, also called hypertension, can be dangerous. It makes the heart work harder to pump blood to the body, and contributes to the hardening of the arteries and development of heart failure. Factors associated with hypertension include:

- Obesity
- Lack of physical activity
- Diabetes
- Chronic alcohol consumption
- Stress
- An insufficient intake of potassium, calcium and magnesium

## Controlling Blood Pressure

You can keep your blood pressure at a healthy level through diet and exercise. Studies show that sedentary lifestyles tend to elevate blood pressure, and regular exercise can reduce it. So, the next time you're tempted to sit down at the computer and surf the Internet, think twice. Try going for a walk or to the gym instead!



Sources: [www.webmd.com/hypertension](http://www.webmd.com/hypertension),  
[www.umm.edu/features/blood\\_pressure.htm](http://www.umm.edu/features/blood_pressure.htm)

## DID YOU KNOW?

About one out of three U.S. adults has high blood pressure. This translates to 74.5 million adults in the U.S. age 20 or older who have high blood pressure.

Source: [www.americanheart.org](http://www.americanheart.org)

## WOMAN'S HEALTH BENEFIT NOTICE

Each year, we are required by federal law to notify our participants that certain mastectomy procedures are covered by the EIT Health & Welfare Plans. These procedures include:

- Reconstruction of the breast on which the mastectomy has been performed.
- Surgery and reconstruction of the other breast to produce a symmetrical appearance.
- Prostheses and treatment of physical complications of all stages of mastectomy, including lymphedemas.

## HOW WILL HEALTH CARE REFORM AFFECT STUDENT STATUS?

As you may have read in the summer 2010 *Conduit* issue, the provisions of the Patient Protection and Affordable Care Act may affect coverage for adult children of participants up to age 26. EIT's plan year runs from July 1 through June 30, so this change takes effect at EIT on July 1, 2011. As explained in the summer *Conduit*, EIT will send notices to previously terminated dependents so they may, providing the participant is eligible for coverage as of July 1, 2011, have the opportunity to enroll in EIT's health plan.

Until July 1, 2011, dependent coverage will continue to operate as described below.

## Covering Dependents

EIT is proud to offer Health & Welfare coverage to your eligible dependents, which helps to keep your family healthy. Dependents ages 19 through 22 who attend school full-time may be covered under an EIT health plan if they provide certification from their school that they are enrolled as a full-time student. Coverage is provided for 120 days from the last day that EIT has proof of full-time enrollment. Student certifications must be obtained from the school's registrar's office.

But what if...

“**My student's 120 days will soon run out, but his or her school won't provide a student certification letter until after that date. Will he or she lose eligibility?**”

This situation commonly happens each September. If this happens to you, **don't panic!** Many schools use the first 10 days of the term to allow students to drop or add classes. Schools wait until that period ends before issuing the student certification letter. We understand this process, and there is a 'grace period' for students that fall into this category.

If your student is in this situation, he or she needs to obtain the student certification letter as soon as possible and forward that information to the Fund Office. **If EIT doesn't receive the student/enrollment certification letter, EIT will terminate the dependent's benefits retroactively from the end of the 120-day eligibility period.**



## STUDENT HEALTH COVERAGE: DO'S AND DON'TS

Follow these simple do's and don'ts to ensure your dependents age 19 through 22 maintain benefit eligibility:

### DO

- Provide *only* a letter from the school's registrar's office that certifies full-time status and the dates of the current term.
- Forward it to the Eligibility Department via mail, fax or e-mail.
- Contact the Eligibility Department at **(312) 782-5442** to confirm we received it.
- Get your students in the habit of getting this information as soon as their school will provide it. Don't wait until a COBRA cancellation letter arrives to provide the Fund Office with the necessary information.

### DON'T

- Send your student's class schedule or tuition bill. Only a letter from the school's registrar's office suffices to maintain benefit eligibility.
- Send a letter from your student's educational institution that includes the phrase **pre-registered** on it. It will not be accepted because we need the information provided after the "drop/add period" that certifies *full-time attendance*.
- Rely on the Blue Cross and Blue Shield of Illinois Student Certification form online. It does not establish or maintain eligibility status for dependents. Only the Fund Office manages eligibility for participants and their dependents.
- Provide the information to Blue Cross and Blue Shield of Illinois.

## WHILE YOU WERE SMOKING...

He stepped up to the plate and knocked it right into left field. As he slid into home plate for the first homerun of the season, he turned to see you were not sitting in the stands.

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## Plugged In

### Meet Annette Grango

**A**nnette is no new face to EIT. She has been with EIT in various positions since 1982. She started out as a filing clerk, and since the late 1990's, has been handling the disability claims process. As a specialist in this area, Annette enjoys helping participants with their short- and long-term disability coverage. She is the liaison between EIT and the disability management program team at CorVel.

With her experience, Annette has advice to offer to those going through the disability claim process. "Call EIT as soon as you know you will miss work for seven consecutive days, because you may be eligible for a disability benefit," she says.

When not helping participants with their benefits, Annette enjoys spending time with her family, eating out, watching movies and shopping. She looks forward to one day mastering the game of golf. 

#### IMPORTANT NOTE

SUB checks are processed on bi-weekly schedules and are mailed out on Fridays. You can log onto our website at [www.fundoffice.org](http://www.fundoffice.org) under *Participant Information*, create an account, and view your disbursement history. Please allow 5 to 10 days for checks to be delivered. Requests for reissued checks are accepted after 10 days from the date of mailing. And, don't forget to write your full Social Security number on any IDES document you submit.

This newsletter contains information on various benefits, but it does not give you all of the details. The official plan documents have all of the details. If there are any differences between this newsletter and the plan documents, the plan documents will govern. If you have any questions about your benefits, please contact the Fund Office at **(312) 782-5442**.

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