

## WHAT'S INSIDE?

- Join Us for the Ninth Annual Benefit Fair
- Get Reimbursed For Your Flu Shot
- Get Moving to Manage Stress
- Second Special Enrollment Period Coming Soon
- Plugged In: Meet Iris Gomez

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## Join Us for the Ninth Annual Benefit Fair

**F**all has returned, and you know what that means — the Benefit Fair is around the corner! Join EIT and Local 134 on Saturday, October 29 to check your health status, receive a flu shot or pneumonia vaccine, and get answers to your benefit questions. We will have Halloween trick-or-treating for kids — no costumes necessary!

### NINTH ANNUAL EIT/ LOCAL 134 BENEFIT FAIR

**When:** Saturday, October 29, 8 a.m. to 2 p.m.

**Where:** Union Hall

### Flu Shots

Have you ever caught the flu from a family member or co-worker, missed work and felt lousy for a few days? Beat the bug this winter — get a free flu shot. This year, one flu shot, the 2010-2011 flu vaccine, will protect against the 2009 H1N1 virus and two other influenza viruses. Covered participants and spouses can receive a flu shot on a first-come, first-served basis. The flu shot will not be offered for children of covered participants.

To get your flu shot, bring your Blue Cross Blue Shield of Illinois ID card and a valid picture ID with your date of birth. You'll be required to read and sign a consent form before you receive your shot.

### Pneumonia Vaccines

This year, covered participants and spouses can also receive a free pneumonia vaccine — no reservation necessary. The vaccine is for immunization against infections in the upper respiratory tract, which can spread to the blood, lungs, middle ear, or nervous system.

Consider getting the vaccine **only** if you meet the following criteria:

- You are over the age of 50;
- You checked with your doctor and he or she recommends you get the vaccine;
- You had a lung-related condition, such as bronchitis or asthma in the past; and
- You have not had a pneumonia shot in the last five years.

*Source: U.S. Department of Health & Human Services and Centers for Disease Control and Prevention.*

### Donate Blood

Have 10 minutes? Help save a life! Local 134 and LifeSource will host a blood drive on the second floor of Union Hall during the Benefit Fair. Stop by to donate blood!

### Health Screenings

It takes just 20 minutes to complete a health screening, which includes measurements for height, weight, body mass index, blood pressure, cholesterol and glucose. If you're a male over 50 years of age, you can receive a prostate screening as well.

After your screening, a health care professional will review the results with you, discuss areas to make health improvements, and answer your questions. **The health screening is completely private and confidential.**

Have you taken the Health Assessment since November 1, 2010? If not, go to [www.fundoffice.org/takecharge](http://www.fundoffice.org/takecharge) and take it today! The *Take Charge* program year has been extended to December 15, 2011, so don't delay. If you have taken it, the new program year will begin January 1, 2012.

# 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 & Wellness 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 the provider does not submit the claim, you may contact Blue Cross Blue Shield at **(800) 862-3386** for a claim form or submit your flu shot receipt to EIT to be reimbursed.

Follow these steps to submit a claim:

1. Clip out this form.
2. Attach your flu shot receipt.
3. Mail the completed reimbursement 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. LaSalle St., Suite 200  
Chicago, IL 60601-1214

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

# Get Moving to Manage Stress

Stress is part of daily life, and managing it can be as simple as getting on your feet. Physical activity can help you handle stress in a positive way while improving your mental and physical well-being. When you are active, your brain releases feel-good chemicals called endorphins. This chemical produces a positive feeling, often called "runner's high," and counteracts anxiety. Here's how to reduce stress and make your workouts work for you:

## ▶ Start Slowly

Make your activity easy and fun to follow until you feel comfortable stepping up your routine. Try exercising two or three times per week for 20 – 30 minutes, and then gradually increase your activity. A gradual increase can prevent injury and keep your routine stress-free.

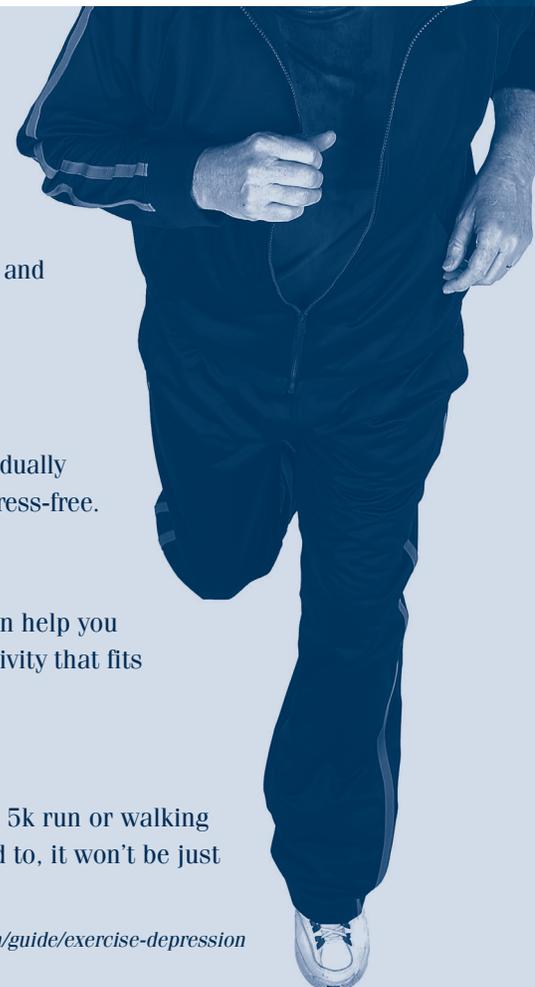
## ▶ Do What You Love

Incorporate an activity you enjoy into your routine. Any form of physical activity can help you relieve stress, even a bike ride around your neighborhood. The key is to find an activity that fits your schedule and interest level.

## ▶ Set a Goal

Having a specific goal in mind can help motivate you into action, like training for a 5k run or walking 10,000 steps a day. When your goal is to participate in an activity you look forward to, it won't be just another task to complete in your busy schedule!

**Source:** <http://www.mayoclinic.com/health/exercise-and-stress/SR00036>, <http://www.webmd.com/depression/guide/exercise-depression>



# Second Special Enrollment Period Coming Soon

Join Us for the Ninth Annual Benefit Fair  
Continued from page 1

## Learn More about Your Benefits

Visit with EIT staff and your benefit providers at the Fair, including:

- Blue Cross Blue Shield of Illinois
- CVS Caremark
- CIGNA Behavioral Health
- StayWell Health Management
- Vision Service Plan
- Mercer Consulting
- Epic Hearing
- The Chicago Electrical Industry Credit Union
- Megent Retirement Consultants

## Other Services

The Benefit Fair is a one-stop-shop for all of your needs. Come by to complete errands like:

- Purchase 134 merchandise (cash or check only)
- Get your LMCC Certification card
- Verify your hours and update your personal information
- Renew your Illinois license/state ID card or license plate sticker



## QUIT FOR LIFE

If you're a smoker, you know how hard it is to resist smoking in certain situations. Sometimes it seems as though nothing helps you manage stress better than tobacco.

Join the Quit For Life® Program, and identify the triggers that make you want to smoke, learn to avoid them while you are quitting and how to enjoy them again without wanting a cigarette. It's free. It's confidential. It works.

(866) 784-8454

[www.fundoffice.org/takecharge](http://www.fundoffice.org/takecharge)



Do you have an adult child under age 26 whose health care coverage was terminated, and for whom you didn't submit enrollment materials by June 30, 2011? You can submit an application and original birth certificate during a second Special Enrollment Period. Coverage will be effective January 1, 2012, until your adult child turns 26. You will receive

information in the mail announcing the Special Enrollment Period, but you can submit the original birth certificate and application now. The application is available at [www.fundoffice.org](http://www.fundoffice.org).

After January 1, 2012, EIT will accept original birth certificates and applications for adult children and enroll them at any time, similar to newborn children. Coverage is effective on the date the application and original birth certificate are received. Please note, EIT cannot accept copies or faxes of birth certificates for enrollment of your adult child. If you submit a copy or fax, coverage is only effective upon receipt of the original birth certificate.

If your adult child loses other health care coverage (e.g., through an employer or through another parent's plan) and did not enroll by June 30, 2011, you can enroll him or her during a special enrollment period required by the Health Insurance Portability and Accountability Act (HIPAA). To enroll your adult child before December 31, 2011, submit the special enrollment application, original birth certificate and HIPAA Certificate of Creditable Coverage. After January 1, 2012, you may submit the application and original birth certificate at any time.

If you are a covered participant and get married, you may also enroll any eligible children up to age 26. Provide a copy of the child's original birth certificate and copy of the child's Social Security card. Coverage will be effective upon receipt of these documents.

If you are a participant who lost coverage and regained eligibility for reinstatement of benefits, EIT will mail you the adult child special enrollment application. Coverage for your adult child will be reinstated as of your date of reinstatement upon receipt of the application and original birth certificate.

All original birth certificates will be copied and the original document will be returned to the participant. Adult dependent children will lose eligibility for health care coverage on the first day of the month after their 26th birthday. If you have any questions, please call the Fund Office at (312) 782-5442.

## Meet Iris Gomez

**I**ris Gomez knows her way around reciprocal benefits. For the past nine years, Iris has been part of the EIT organization and currently works as a Reciprocity Analyst.

In her role, Iris receives, reviews, calculates and processes all contributions from outside local agencies to provide reciprocal benefits to EIT participants. Iris said, "I have learned how important it is for each member to submit the hours they have worked on time to maintain their eligibility."

When she's not working on reciprocal benefits for participants, you can find Iris spending quality time with her children and pet rabbit. She's also an avid fan of the social networking game, FarmVille, where players manage tasks, such as feeding the animals and working in the orchard, on a virtual farm.

### WOMEN'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.

### WIN A GIFT CARD!

Stop by the EIT booth at the 9th Annual Benefits Fair to enter our free drawing, and you could win one of five **\$25 Jewel-Osco gift cards!** We'll draw one name each hour beginning at 9 a.m. You must be present to win. More details inside.



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