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You're Invited!

What: 11th Annual Benefit Fair, hosted by EIT and Local 134
When: Saturday, October 26: 8 a.m. - 2 p.m.
Where: Local 134 Union Hall at 600 West Washington Blvd.

Don't miss out on the 11th Annual Benefit Fair on Saturday, October 26, hosted by EIT and Local 134. The Benefit Fair offers a once-a-year opportunity for covered participants and spouses to receive a variety of free services and information, all in one place.

Receive Free Health Services

The following medical services will be available to you and your covered spouse, free of charge:

- **Biometric screening** — This short screening will provide you with a summary of your overall health and help you prevent serious health problems before they start. A screening professional will go over your results with you — including your blood pressure, cholesterol, blood sugar and Body Mass Index (BMI) — and help you identify any problem areas that could put you at risk for certain diseases and health conditions. If you are a male over 50 years of age, you can receive a prostate screening as well.
- **Flu shot** — Get your flu shot at the Benefit Fair and be a step ahead when flu season starts this fall. Flu shots will be offered on a first-come, first-served basis, and you must show your Blue Cross Blue Shield of Illinois ID card and a valid photo ID with your date of birth.

- **Pneumonia vaccine** — Consider getting a pneumonia vaccine if you are:

- Age 19 to 64 with certain medical conditions (such as certain kidney diseases, cigarette smoking, asthma, chronic heart or lung disease, asplenia or conditions that weaken the immune system); or
- Age 65 or older and it has been five years since your previous vaccine.

Source: <http://www.webmd.com/vaccines/pneumococcal-vaccine-schedule>

Vaccines will be available on a first-come, first-served basis, and you must show your Blue Cross Blue Shield of Illinois ID card and a valid photo ID with your date of birth.

Talk to Your Providers

Have questions about your benefits? You'll have a chance to talk to a representative from the following providers one-on-one.

- | | |
|--------------------------------------|---------------------------------|
| ■ Blue Cross Blue Shield of Illinois | ■ Local 134 |
| ■ CIGNA Behavioral Health | ■ Megent Retirement Consultants |
| ■ CVS/Caremark | ■ Mercer |
| ■ EIT | ■ VSP |

Protect Your Future Health with Preventive Care

Practicing good preventive care helps you and your family stay healthy by either catching problems early — when they're most treatable — or by preventing them before they start. Preventive care also helps protect your financial health by keeping you from having to pay for expensive medical treatments later on.

Need another reason to start taking advantage of your preventive care benefits? How about this — **it's free!** The EIT Health & Welfare Plan covers eligible preventive care services received from an in-network provider at 100%, **so you pay nothing!** The Plan will pay 80% of

PPO negotiated rates for eligible preventive care services provided by an out-of-network provider, subject to Plan deductibles.

Your Preventive Care Checklist

Not sure what preventive services you should have and how often? Refer to the handy checklist below for a list of recommended preventive services for adults, and see the chart on the opposite page for recommended children's immunizations.

SCHEDULE YOUR ANNUAL PREVENTIVE EXAM TODAY!

If you haven't taken advantage of your preventive care benefits in 2013, it's not too late! Call your doctor today to schedule your annual preventive exam. Even if you are feeling healthy, your doctor may find symptoms you may not notice, as well as give you any necessary vaccinations and schedule other appropriate preventive screenings.

WOMEN'S HEALTH BENEFIT NOTICE

Each year, we are required by federal law to notify 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.

The image shows a clipboard with a checklist for men and women. The checklist is divided into two sections: MEN and WOMEN. Each section has two columns: SCREENINGS and IMMUNIZATIONS. The items are listed with checkboxes and specific frequency or age requirements.

MEN	
SCREENINGS	IMMUNIZATIONS
<input type="checkbox"/> Weight: Every 1 - 3 years	<input type="checkbox"/> Influenza (flu): Yearly
<input type="checkbox"/> Body Mass Index (BMI): Every 1 - 3 years	<input type="checkbox"/> Tetanus Diphtheria Pertussis (Td/Tdap): Get Tdap vaccine once, then a Td booster every 10 years
<input type="checkbox"/> Blood Pressure (BP): At least every 2 years	<input type="checkbox"/> Varicella (chicken pox): 2 doses if no evidence of immunity
<input type="checkbox"/> Diabetes Screening: Every 3 years	<input type="checkbox"/> Human Papillomavirus (HPV): 3 doses between ages 18 - 21 if not already given
<input type="checkbox"/> Cholesterol: Beginning at age 35 or age 20 if at high risk	<input type="checkbox"/> Measles, Mumps, Rubella (MMR): 1 or 2 doses between ages 18 - 55 if no evidence of immunity
<input type="checkbox"/> Colonoscopy*: Every 10 years, beginning at age 50	<input type="checkbox"/> Herpes Zoster (shingles): 1 dose at age 60 or over
<input type="checkbox"/> Prostate Cancer Screening: Ages 50 or older	<input type="checkbox"/> Pneumococcal (pneumonia): 1 dose at age 65 or over
<input type="checkbox"/> Hearing Screening: Beginning at age 65	
<input type="checkbox"/> Abdominal Aortic Aneurysm Screening: Once between ages 65 and 75 if you have ever smoked	
WOMEN	
SCREENINGS	IMMUNIZATIONS
<input type="checkbox"/> Weight: Every 1 - 3 years	<input type="checkbox"/> Influenza (flu): Yearly
<input type="checkbox"/> Body Mass Index (BMI): Every 1 - 3 years	<input type="checkbox"/> Tetanus Diphtheria Pertussis (Td/Tdap): Get Tdap vaccine once, then a Td booster every 10 years
<input type="checkbox"/> Blood Pressure (BP): At least every 2 years	<input type="checkbox"/> Varicella (chicken pox): 2 doses if no evidence of immunity
<input type="checkbox"/> Diabetes Screening: Every 3 years	<input type="checkbox"/> Human Papillomavirus (HPV): 3 doses between ages 18 - 26 if not already given
<input type="checkbox"/> Clinical Breast Exam: Every 3 years for women ages 20 - 39; annually for age 40 and older	<input type="checkbox"/> Measles, Mumps, Rubella (MMR): 1 or 2 doses between ages 18 - 55 if no evidence of immunity
<input type="checkbox"/> Pap Test: Every 3 years for women ages 21 - 65	<input type="checkbox"/> Herpes Zoster (shingles): 1 dose at age 60 or over
<input type="checkbox"/> Mammogram: Every 1 - 2 years for women ages 40 - 74	<input type="checkbox"/> Pneumococcal (pneumonia): 1 dose at age 65 or over
<input type="checkbox"/> Cholesterol: Starting age and frequency based on individual risk factors	
<input type="checkbox"/> Colonoscopy*: Every 10 years, beginning at age 50	
<input type="checkbox"/> Hearing Screening: Beginning at age 65	
<input type="checkbox"/> Osteoporosis: Beginning at age 65, or at age 60 if risk factors are present	

* Alternatively, flexible sigmoidoscopy every five years or fecal occult blood test annually.
 Note: Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.
 Source: Blue Cross Blue Shield of Illinois, the U.S. Department of Health and Human Services, and the Centers for Disease Control and Prevention

Routine Children's Immunization Schedule*

Use the chart below to make sure your child is up-to-date on immunizations. For more information, call Blue Cross Blue Shield of Illinois at **800-862-3386** or visit them at **www.bcbsil.com**.

Vaccine	Birth	1 Mo.	2 Mos.	4 Mos.	6 Mos.	12 Mos.	15 Mos.	18 Mos.	1½ - 3 Yrs.	4 - 6 Yrs.
Hepatitis B (HepB)	✓	✓						✓		
Rotavirus (RV)			✓	✓	✓**					
Diphtheria Tetanus and Pertussis (DTaP)			✓	✓	✓			✓†		✓
Haemophilus Influenzae Type B (Hib)			✓	✓	✓**		✓			
Pneumococcal Conjugate (PCV)			✓	✓	✓		✓			
Inactivated Polio Vaccine (IPV)			✓	✓			✓			✓
Influenza (Flu)					✓	Recommended yearly starting at age 6 months with 2 doses given the first year.				
Measles, Mumps and Rubella (MMR)							✓			✓
Varicella (Chicken pox)							✓			✓
Hepatitis A (HepA)						✓	First dose: 12-23 months. Second dose: 6-18 months later.		✓	

Source: Blue Cross Blue Shield of Illinois

✓ One dose

* These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.

** Number of doses needed varies depending on vaccine used. Ask your doctor.

† The 4th dose of DTaP may be given as early as 12 months, as long as at least 6 months have passed since the 3rd dose.

 Range of recommended dates



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Take Care of Business

The Benefit Fair isn't just about your health. You can also check several other items off your to-do list.

- Renew your license, state ID or license plate sticker with the Illinois Secretary of State
- Get your LMCC Certification Card
- Learn more about the Chicagoland Electrical Credit Union
- Verify your hours and update your personal information
- Research unclaimed property with the State Treasurer's Office
- Donate blood with LifeSource
- Purchase 134 merchandise (cash or check only)

THERE'S MORE!

Still looking for a reason to attend? In addition to all of the services at left, you can also enjoy a free chair massage at the Benefit Fair. You can also enter to win one of five \$25 Jewel gift cards just by stopping by the EIT booth. One name will be drawn every hour starting at 9 a.m. Winners must be present to win.



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Plugged In

Meet Connie Karp

It's only been two years since Connie Karp started as a Pension Specialist at EIT, but it didn't take her long to feel like part of the family. "I felt like I fit in from the first day I started working at EIT," Connie says.

Outside of work, Connie loves crafting, and specializes in making her own greeting cards. "The last craft project I finished were several birthday cards for family members and friends and they turned out really well," she says. "My next project will be handmade Christmas cards. I have to start early in order to get them finished for the holidays!"

When she's not working or making cards, Connie spends her time reading, watching movies and gardening. "Gardening on our balcony with my husband is one of my favorite pastimes. We grow tomatoes, green peppers and flowers since we have limited space on the balcony. The vegetables we cook with regularly but the flowers are just for our enjoyment!"

