
FOR YOUR BENEFIT

NEWSLETTER OF THE LOCAL 295 IBT EMPLOYER GROUP BENEFIT FUNDS
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MEMBER AWARENESS

TAKE CHARGE OF YOUR THYROID AND PROSTATE HEALTH

Recently the Local 295 Welfare Fund Board of Trustees along with the Local 295 Executive Board recognized the need to raise awareness of several life-threatening diseases. In unification with your employers, they were able to arrange Health Fairs at dedicated locations. We are happy to announce, that these Health Fairs proved to be a success, so be on the lookout as more Health Fairs will be scheduled in the coming months.

Local 295 will continue to bring awareness and provide access to healthcare for their members. It has been proven that early detection and preventive screening, is the first and foremost way to combat many life-threatening issues, so we encourage members to attend these Health Fairs.



The focus at these Health Fairs will be Thyroid and Prostate Health. As a participating member at these events, you can receive a noninvasive ultrasound to identify nodules in the thyroid, which could become cancerous. The screening will also provide and establish baselines for those who participate.

Attending members will also be provided with a take home PSA, Prostate Specific Antigen, test for prostate levels, to identify early risk of prostate cancer. It has been published that Prostate Cancer makes up roughly 37% of newly diagnosed cancer cases in Black males. Thyroid Cancer is about 3 times more common in women than in men and it is about 70% more common in White people than in Black people, who have the lowest rate.

We encourage members to take advantage of this valuable benefit and participate in the Health Fair.



The health fair will be a 4-5-hour time frame and is voluntary. The screening will take about 10 minutes per member, and 50 members will be screened at each health fair. Your work location will be notified in advance of Date and Time.

THE MORE YOU KNOW- 7 Steps to Help Prevent Diabetes

Diabetes continues to be one of the most prevalent conditions that we, as members of the Local 295 IBT Employer Group Welfare Fund, face.

We have previously referenced the help that is available through outreach from Uprise Health addressed in another article in this newsletter.

There are simple steps, such as healthier eating options and exercise that will have a positive effect on preventing or easing the effects of diabetes.

Seven simple, easy things to do to help prevent the disease from having a very negative effect on your life but have a very positive effect on your mental and physical wellbeing.

If we all do these regularly it can, and will, reduce the prevalence of diabetes among our Members.

- 1 Breads. Studies show that people who eat more whole grain foods like oatmeal, whole grain bread and brown rice are less likely to be pre-diabetic or develop Type 2 diabetes.
- 2 Load your meals with plant foods – they provide lots of vitamins and minerals, generally have less calories and are a great source of fiber that helps stabilize blood sugars. Fruits, especially those with skins like apples or pears or edible seeds like berries are recommended. Vegetables like brussels sprouts, broccoli and beans are also excellent in providing fiber and regulating blood sugars.
- 3 Limit starchy vegetables. Not all vegetables are the same. Starchy vegetables, such as potatoes, corn and winter squash contain high amounts of carbohydrates. Use them in moderation. Salad greens, spinach, beets, radishes and cauliflower are better choices.
- 4 If you are overweight, aim for slow and steady weight loss. Losing 1 to 2 pounds a week is reasonable and realistic. For every 2.2 pounds of weight loss, it reduces your diabetes risk by more than 15%. Over the long haul, losing 5% to 7% of your weight, assuming you start at around 200 pounds along with regular moderate exercise can lower your risk of developing Type 2 diabetes by a whopping 60%!
- 5 Moderate exercise, 30 minutes, five days a week will make a difference. Whether a 30-minute workout or short intervals throughout the day, simply moving for 150 minutes a week has a very positive effect of managing your blood sugar. Take the “talk test”- if you can talk while exercising but cannot sing, then you are doing the right exercise level.
- 6 Snack on walnuts or almonds or sunflower seeds. Avoid sugary candies, sodas and fruit juices.
- 7 Stand up often. It is simple and it makes a difference. When sitting at home or at work, set a timer. Get up every 30 minutes, take a short walk or do a quick chore. Prolonged sitting is linked to an increase in pre-diabetes or actual Type 2 diabetes.



WELLNESS AND YOU, CARING FOR ALL OF YOU

Your Local 295 Welfare Fund Benefits are designed to ensure that you can take care of yourself not only physically but mentally too. Life can be challenging but taking care of yourself inside and out will always lead to a positive effect not only your body and mind but your emotional wellbeing as well. We have highlighted some benefits that are covered under your plan that will help you achieve a healthy life.

DON'T AVOID THE MAINTENANCE YOUR BODY NEEDS

Services covered with zero copayment, if part of a routine physical:

Annual Pap Smears, Mammograms, update Vaccinations as part of a routine well care (physical) visit are covered with no co-payments,
Blood Pressure Screening, Cholesterol Screening, Diabetes Screening.

If you are not sure, contact the Fund Office at 212.308.4200.

We all struggle from time to time with life stresses, while trying to maintain a healthy work life balance, that is why the Trustees encourage Members to take advantage of these wonderful wellness benefits in your plan. Teamsters Center Services, TCS and Uprise Health.

TCS, Teamster Center Services <http://www.teamstercenter.com/> 212.235.5008

HMC Healthworks (Uprise)- <https://uprisehealth.com/> 800.395.1616

These are some services offered are:

Advice and Referral: TCS counselors are available for mental health issues and or substance abuse help. They assist participants in locating in-network providers at appropriate levels of care in their home area.

Substance Abuse Professional (SAP) Services: TCS has a Substance Abuse Professional on staff to provide evaluations and case management for commercial drivers subject to DOT drug testing regulations.

Chronic Condition Management: Uprise Health offers proactive outreach to at-risk members, and personalized care plans to treat chronic conditions at all stages.

Refer to your Summary Plan Description Booklet for full details and if any restrictions apply.

"Take care of your body.
It's the only place you have to live."
- Jim Rohn

Some Stats to Know:

About your blood glucose numbers.

Blood Glucose Ranges

Less than 100 mg/dl	Normal
100-125 mg/dl	Pre-diabetes
126 or higher	Diabetes

About your blood pressure numbers.

Blood Pressure Ranges

Less than 120/80	Optimal
120-139/80-89	Hypertension Risk
140/90 or higher	Hypertension

LOCAL 295 IBT EMPLOYER
GROUP PENSION TRUST FUND AND
EMPLOYER GROUP WELFARE FUND
655 Third Avenue, 12th Floor
New York, New York 10017



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REMEMBER TO UPDATE CONTACT & BENEFICIARY INFORMATION WITH THE FUNDS

Have you moved recently? Changed your phone number or email address? Please be certain to update changes to your address, phone numbers and/or email addresses. Notifying the Fund will ensure that if you are receiving pension checks that you will continue to do so in a seamless manner after your move and important mailings will make their way to you. We want to keep you informed!

Was there a new addition to your family? We realize that it's a very exciting time in your life and we want to be sure that your whole family receives all the services and benefit information that it is entitled to so please be certain that you update your dependent information at your earliest convenience after a child is born or your marital status changes, this includes getting divorced as well. This will help us help you to keep them happy and healthy!

Why updating your beneficiary is important? Protecting loved ones is always top priority. By naming a beneficiary and updating the information should it change, is a guaranteed way to ensure that any pension or life insurance benefits will be provided to the correct person.

REMINDER: If you are getting ready to retire, consider that the process for retirement benefits takes approximately 3 months to process. We encourage members who are vested to plan accordingly, make sure all your paperwork is remitted timely. Contact the Pension Department at 212.308.4200 with any questions.