



Fax (816) 943-0487

LOCAL UNION No. 124 I.B.E.W.
BENEFIT TRUST OFFICE
305 East 103rd Terrace
Kansas City, Missouri 64114
Log onto Website @ www.ibew124benefits.org



Telephone (816) 943-0277

IMPORTANT INFORMATION ABOUT YOUR WELLNESS BENEFITS

What has not changed for 2018	What's New for 2018
<ul style="list-style-type: none"> • Children, Medicare primary-eligible retirees and Medicare primary eligible spouses of retirees are exempt from the screening and HRA. • You may complete the biometric screening either at your physician or Concentra or at a clinic held at the IBEW/NECA Benefit Center. • All information collected will remain confidential and will not be given to any employers but can be used to develop your Wellness Profile and personal communication of results and suggestions. • Access to the wellness program, A Healthier You, accessed on MyBlueKC.com. • You can take the HRA on your smartphone by downloading an app A Healthier You. • You can earn points for wellness activities on A Healthier You, which you can exchange for chances to win gift cards and other prizes. 	<ul style="list-style-type: none"> • Receive \$100.00 for logging 1 million steps by July 31, 2018. You must connect your device to "A Healthier You" in order to qualify. Get to walking 😊 • Schedule your Benefit Office clinic appointment on myBlueKC "A Healthier You" website/app.

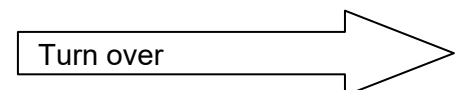
The IBEW Local Union No. 124 Health and Welfare Fund will continue the annual requirement of a biometric screening and an online health risk assessment (HRA). **By completing both the required HRA and biometric screening by October 31, 2018**, the participant and spouse will have a \$175 deductible for 2019. If these are not completed, the participant and spouse will have a \$525 deductible for 2019.

To complete the HRA,

You must enroll in A Healthier You online at www.MyBlueKC.com, and complete the online Health Risk Assessment (HRA). You will need your Blue KC ID card. If needed, we have computers available at the Benefit Office for you to complete the HRA online. You may also complete the HRA via the A Healthier You App on your smartphone.

To complete the Biometric Screening, you can either

Visit your personal physician
or
Attend a clinic held at the IBEW/NECA Benefit Center
or
Go to Concentra



If you choose to **visit your personal physician or Concentra**, log into www.myBlueKC.com with your username and password. Print your personalized biometric screening form and take it to your physician or Concentra. Personalized form is required at the time of your visit. The biometric screening form has full details on how to successfully submit your form via fax or email before **October 31, 2018**.

You must complete ***both*** the biometric screening and the online health risk assessment. Partial completion will not allow a lower deductible.
No EXCEPTIONS!

It is your responsibility to verify that the biometric screening form is returned. To verify completion you may log onto A Healthier You (MyBlueKC.com) portal and verify the completion Biometric screening. There will be a check mark showing completion. You can also call the benefit office.

The **schedule of clinics** to be held at the IBEW/NECA Benefit Center is as follows:

- Saturday, April 21, 2018 8:00am to 12:30pm
- Saturday, May 12, 2018 8:00am to 12:30pm
- Saturday, July 21, 2018 8:00am to 1:30pm
- Saturday, August 11, 2018 8:00am to 1:30pm
- Tuesday, September 11, 2018 2:00pm to 7:00pm
- Saturday, September 22, 2018 8:00am to 3:00pm
- Saturday, October 6, 2018 8:00am to 3:00pm
- Monday, October 8, 2018 2:00pm to 7:00pm

Log onto myBlueKC “A Healthier You” to schedule your appointment. Go to Biometric Screening then schedule an appointment.

If you need to cancel your appointment you can log onto myBluekc.com under “A Healthier You” to cancel your appointment or call the office.

See attached flyer to help you with making your appointment.

Please call the Benefit Office with any questions 816-943-0277.

Sincerely,
FOR THE BOARD OF TRUSTEES

Bill Barbieri
Administrative Manager