



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

January 21, 2020

IMPORTANT INFORMATION ABOUT YOUR WELLNESS BENEFITS

****NEW THIS YEAR-Naturally Slim** is a new program and will be available soon. Watch your mail for information directly from Naturally Slim.

The IBEW Local Union No. 124 Health and Welfare Fund will continue the annual requirement of an online health risk assessment (HRA) questionnaire and biometric screening (lab). **The participant and the spouse must complete the HRA and biometric screening by October 31, 2020 in order to have the lower deductible of \$175 for 2021.** If either of these are not completed, the participant and/or spouse will have a \$525 deductible for 2021.

(Children, Medicare primary eligible retirees and Medicare primary eligible spouses of retirees are **exempt** from the screening and HRA.)

All information collected will remain confidential and will not be released to employers, but may be used to develop your wellness profile and/or personal communication of results and suggestions.

You must use your Blue Cross Blue Shield insurance card to log into www.MyBlueKC.com, and access "A Healthier You" to complete the following:

- Health Risk Assessment (HRA) questionnaire
- Print off your biometric screening form to submit to your personal doctor or Concentra (the form has full details on how to submit it via fax or email). **This must be done each year, you cannot make a copy of 2020 and use it in 2021.**
- Schedule an appointment for a clinic held at the Benefit Office. See attached instructions.
- Connect a device to track the 1 million steps incentive that pays \$100.00 if completed by July 31, 2020. Medicare primary members and dependent children are not eligible.
- You may also earn points for completing wellness activities on this site, which can be used to enter into gift card sweepstakes.

A smartphone may be used to complete your HRA and/or schedule an appointment to a clinic via the "A Healthier You" App. In addition, computers are available at the Benefit Office for your convenience.

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

Saturday, April 4, 2020 8:00am to 1:00pm
Saturday, May 9, 2020 8:00am to 1:00pm
Saturday, June 6, 2020 8:00am to 1:00pm
Saturday, July 11, 2020 8:00am to 1:00pm
Saturday, August 22, 2020 8:00am to 3:00pm
Saturday, September 19, 2020 8:00am to 3:00pm
Wednesday, September 23, 2020 2:00pm to 7:00pm
Saturday, October 3, 2020 8:00am to 3:00pm
Saturday, October 24, 2020 8:00am to 3:00pm

See the attached flyer to assist in making an appointment.

It is your responsibility to verify that credit is received for completion of the HRA and biometric screening. This is accomplished by logging onto Mybluekc.com and clicking on "A Healthier You". Click on the pink Preventive Actions box, and verify that there are green checkmarks next to Health Risk Assessment and Biometric Screening.

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

Sincerely,
FOR THE BOARD OF TRUSTEES

Kevin Smith
Administrative Manager