

**P1 / WELCOME**

Stay up to date with the latest announcements from the Benefit Fund Office.

**P2 / NEWS & BENEFITS**

This section has health and wellness tips from Aetna, Dominion Dental and Express Scripts. Check it out!

**P3 / WELLNESS**

A great reminder for health observances and wellness activities happening with the Benefit Fund this month.

**P4 / CONTACT INFO**

You'll find contact information for the Benefit Fund and all the medical vendors participating in the Benefit Fund.

BENEFIT FUND

At a glance

July 2019



Biometrics Onsite Event Schedule:

DATE	TIME	LOCATION
June 21, 2019	9:00am – 2:30pm	The Benefit Fund Auditorium 2 nd Floor, 1319 Locust Street
July 16, 2019	9:00am – 2:30pm	Temple Hospital- Episcopal – Fox Conference Room
July 17, 2019	9:00am – 2:30pm	Temple University Campus – Howard Gittis Center – 217C
July 24, 2019	9:00am – 2:30pm	Jefferson University Hospital - Hamilton 224/225
July 29, 2019	9:00am – 4:00pm	HUP – 3400 Spruce Street, Founders 3, Plaza A
August 2, 2019	9:00am – 2:30pm	Temple Hospital – Boyer Pavilion – 2 nd Floor Conference Room
August 7, 2019	8:30am – 3:30pm	Inglis House – Founder’s Hall
September 17, 2019	9:00am – 2:30pm	Hahnemann University Hospital - Bobst conference room, Room 626
October 4, 2019	9:00am – 2:30pm	The Training & Upgrading Fund – 10 th Floor Auditorium
October 11, 2019	10:00am – 2:00pm	Genesis Kresson View Center - 2 nd Floor Break Room
October 16, 2019	9:00am – 4:00pm	HUP – 3400 Spruce Street, Founders 3, Plaza A

Both the **Quest Bloodwork** and **Aetna Health Assessment** must be completed by **October 31, 2019**, or you will begin paying a 12-month health and welfare contribution surcharge as of **MARCH 1, 2020**. Details on page 3.



Go after your goals

With a little help, you can pursue your goals to create the change you need.



Set a target date

Stay on track. Mark your calendar so you know you have something to work toward.



Visualize your success

Write it down. Or create a vision board. You're more likely to pursue a goal when you can see it.



Celebrate small wins

Not only will it feel good, but it'll motivate you to keep going. So make note of every milestone. Each one matters.



Start with small steps

Split your long-term goal into smaller, short-term goals. This way, you can slowly work your way up to achieving your target goal.

How to split a long-term goal into short-term goals

Example: walking

Long-term goal

Walk for one hour, three times a week.



Short-term goals

Walk for ten minutes, once a week. Then increase it to three times a week.



DENTAL HEALTH TIPS



TRUE or FALSE: Chewing ice can be bad for your teeth.

TRUE!

While ice may be your best friend on a hot summer's day, [it's no friend to your teeth](#). That's because chewing on hard substances, such as ice, can leave your teeth vulnerable to a dental emergency such as a broken tooth and can even damage enamel. Tip: Use ice to cool your drinks, not as a something to eat.

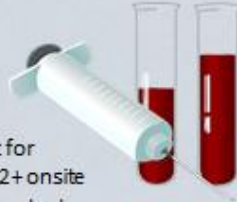
DISTRICT 1199C

8TH ANNUAL BIOMETRIC SCREENING PROGRAM
JUNE 1ST – OCTOBER 31ST, 2019

All members who participate in the Benefit Fund are required to complete the following TWO items between June 1 – October 31, 2019:

1. Quest Bloodwork

1. Schedule an appointment at a Quest Patient Service Center or an onsite event by logging onto : <https://my.questforhealth.com> or calling the Blueprint for Wellness Call Center at 1-855-623-9355. There will be 12+ onsite events at various locations during the program. Please contact your Organizer or The Benefit Fund for a schedule or log onto www.1199cfunds.org.



2. To register, you **WILL NEED THE FOLLOWING INFORMATION TO GET YOUR BLOODWORK DONE:**

- **Registration Key:** 1199c
- **Unique ID:** 1199+ First and Last initials+ last 4 of your SSN
- **Example:** John Smith SSN 123-45-6789, Unique ID: 1199JS6789

**** If you choose to go to your Physician to complete the requirement, you will need to request a Physician Form from the Benefit Fund office. Bloodwork results from your physician can only be used if they were collected between June 1st – October 31st 2019. You MUST ensure the doctor completes the physician form with all results and have the doctor fax the results back to Quest at the number printed on the form by November 14, 2019.**

2. Aetna Health Assessment



1. Log in to your secure account on Aetna navigator at www.Aetna.com. Once logged in, click on “complete your health assessment” located in the STAY HEALTHY menu.
2. On the next page, click the blue square with the number 1 to begin your health assessment. If you see your score from last year, click **RETAKE** and begin.
3. You have not completed the requirement until you see, “**compass results page.**” This page will have your username and score with the current date. **PRINT a copy of this page for your records.** If you do not have a printer, take a picture of the results screen with a smartphone and save the image.

RECIPE OF THE MONTH

GRILLED RED SNAPPER WITH GREEN BEANS AND LIME

INGREDIENTS

- 3 Tbsp. plus ¼ cup extra-virgin olive oil, divided; plus more for grill
- 1 small shallot, thinly sliced into rings
- 4 Tbsp. fresh lime juice, divided
- ½ tsp. plus 1 Tbsp. light brown sugar
- Kosher salt, freshly ground pepper
- 4 skin-on red snapper fillets (about 5 oz. each)
- 8 oz. green beans, trimmed
- 5 tsp. fish sauce
- 2 Tbsp. crushed salted, dry-roasted peanuts

DIRECTIONS

Mix shallot, 1 Tbsp. lime juice, and ½ tsp. brown sugar in a small bowl to combine; season with salt and pepper. Set aside.

Pat fish dry with paper towels and season all over with salt and pepper.

Toss green beans with 1 Tbsp. oil on a rimmed baking sheet; season with salt and pepper. Grill beans, turning, until softened and charred in spots, about 2 minutes. Transfer to a platter.

Pat fish dry again and rub fillets with 2 Tbsp. oil. Gently place on grate, skin side down, and grill, undisturbed, until flesh is opaque except for the thickest part, 6–8 minutes. Carefully slide a thin metal spatula underneath fillet, trying not to tear skin, and turn over; grill 1 minute longer. Place, skin side up, on platter with green beans.

Whisk fish sauce, remaining ¼ cup oil, remaining 3 Tbsp. lime juice, and remaining 1 Tbsp. brown sugar in a small bowl until sugar is dissolved. Drizzle over fish and beans and scatter shallot mixture over. Let marinate at least 15 minutes and up to 2 hours. Cover and chill if holding longer than 30 minutes. Top with peanuts just before serving.



Source: www.bonappetit.com

Your Benefit Fund Contacts



THE BENEFIT FUND

In Philadelphia215-735-5720
Toll-free.....1-800-531-1199

AETNA MEDICAL PLANS

Aetna Member Services1-800-533-2195
Aetna Behavioral Health 1-800-424-5679
Pre-certification (for self-referred care).....1-800-245-1206

EXPRESS SCRIPTS, INC. (prescription drug coverage)

Member Helpline..... 1-800-711-0917

DOMINION NATIONAL SERVICES, INC. (dental network management)

In Pennsylvania and New Jersey 1-888-518-5338 (toll-free)
.....1-703-518-5338

STAY INFORMED:

Check out our website

Health information, benefits, online access and more. Remember to check the website for updates and new information.

Subscribe to Benefit Fund E-blasts

E-blasts are the best way to stay informed of events and news coming out of the Benefit Fund. Click this link to sign up today if you haven't already.



<http://1199cfunds.org/>



Questions? Contact the Benefit Fund Office

1319 Locust Street
Philadelphia, Pa 19107
Telephone: 215.735.5720
Toll Free: 800.531.1199
Fax: 215.985.9232
Email: info@1199cfunds.org

SAVE MONEY—Use 1199C facilities when using your medical benefits!