



Benefit Fund for Hospital & Health Care Employees - Philadelphia & Vicinity

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January, 2020

BENEFIT FUND NEWS at a glance



Welcome to 2020!

We are the Benefit & Pension Fund for Hospital and Health Care Employees – Philadelphia and Vicinity. Since 1991, we have provided health & welfare and pension benefits for over 8,000 members and retirees and their families.

With the New Year, there have been some benefit changes and we understand you may have questions. Please feel free to reach out to the Benefit Fund or stop into the office so we can answer any questions you may have.

This Month's Recipe Spotlight

Sweet Potato & Black Bean Chili



Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw. *Source: EatingWell Soups Special Issue April 2016*

[Click here for the recipe](#)

Your Path to Well-being with Aetna

1. **Physical health** — Taking care of your body and being able to carry out the important tasks in life, now and into the

- future E
2. **Emotional health** — Being satisfied with life, having good mental health and being able to deal with difficult emotions
 3. **Financial security** — Feeling good about your current and future finances without worrying too much about making ends meet
 4. **Social connectedness** — Having close, meaningful and supportive relationships, and feeling like you're part of a community
 5. **Character strengths** — Feeling consistent thoughts and taking actions that contribute to the good of yourself and others
 6. **Purpose** — Having a sense of meaning in life and pursuing what's most important to you



A milestone birthday. An unexpected diagnosis. The desire to start a family. Sometimes it takes a meaningful moment to encourage you to take the first step toward better health. We asked five people what motivated them to make positive changes in their health and how the journey has impacted their lives. Read on for inspirational stories about how they found the courage to get started.

[Read more...](#)



The Benefit fund has switched vendors for prescription coverage for all members. EmpiRx is the new vendor and you should have received communications to your home about the change.

For questions about the change, please feel free to reach out to the Benefit Fund by calling 215.735.5720.

[Visit our website](#)



Needing false teeth used to mean having to endure loose, slippery, one-size-fits-all dentures. Fortunately, false teeth have come a long way in the past few years. Today's dentures look much more natural and feel much more comfortable. Here's your guide to thriving with dentures.

[Read more...](#)

Your Benefit Contacts



AETNA MEDICAL PLANS

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

EMPIRX (prescription drug coverage)

Member Helpline..... 1-877-241-7123

DELTACARE USA (dental network management)

Member Services..... 1-800-422-4234



Contact the Benefit Fund

Phone: (215) 735-5720

Fax: (215) 985-9232

www.1199cfunds.org