



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

1319 Locust Street, Philadelphia, PA 19107-5405
(215) 735-5720 • (800) 531-1199 • FAX (215) 985-9232

April, 2020

BENEFIT FUND NEWS *at a glance*



Aetna will be providing access to a COVID-19 Toolkit for [Resources for Living \(RFL\)](#) to help provide additional resources through their employee assistance program. This is open to everyone and has some basic coping resources, as well as crisis phone numbers members can utilize. There are tips for managing stress, assisting your kids during this crisis and more. Please reach out for help if needed.

As a reminder, the physical office is closed at 1319 Locust street until at least **April 6th**. We will continue to evaluate the situation as far as re-opening the building. To ensure we are still able to assist you with any questions or concerns you may have, we will be working remotely to monitor all calls and emails that come into the Benefit Fund. When leaving a message, please clearly state your name, contact number, email address and the reason for your call and we will return calls in the quickest manner we are able. Our phone number is 215-735-5720. If you need immediate assistance regarding your Medical, Dental or Prescription benefits, please utilize the member services phone numbers listed at the bottom of this email and our vendor partners can assist you.

This Month's Recipe Spotlight

Fresh Homemade Bread

If you'd like to learn how to bake bread, here's a wonderful place to start. This easy white bread recipe bakes up deliciously golden brown. There's nothing like the homemade aroma wafting through your kitchen as it bakes and you don't have to

leave your house to search the stores!

Source: *Taste of Home* [Click here for the Full Recipe](#)



Keeping you motivated during challenging situations. Here's some free resources to take advantage of:

- **Grokker:** Help your team manage stress, stay connected and maintain their physical fitness with **free access** to our wellbeing solution and fitness video streaming through April 30, in addition to **free webinars** and preparedness resources on staying calm, healthy meals, deep sleep and much more.
- **Wellbeats:** **Free access** to on-demand fitness, mindfulness and cooking classes that empowers habit forming physical and mental health with free access until April 30, use promo code 57a4df63
- **Active by PopSugar:** Hundreds of **free workouts** from celebrity trainers and fitness experts.
- **GOLD'S AMP™:** **Free access** through May 2020, to over 600 audio and video workouts to keep you moving in the gym, outside, use promo code **FIT60**
- **Inner Explorer:** Free access for youth and families to the I AM PRESENT app, **download here** through Summer 2020.



COVID-19 UPDATES

We're here for you. Continue to visit our site for regular updates and resources to help you work through this crisis.

[Read more...](#)



Check out our webpage

Take a minute to click the link and see the valuable resources we can share. There is also a member portal that you can access to log in and get personalized service.

[Visit our website](#)



We are actively monitoring the Novel Coronavirus (COVID-19) situation and want to assure you that we have developed a coordinated strategy across our organization to address the issue as it evolves.

[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

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Fax: (215) 985-9232

www.1199cfunds.org