



## 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

*June, 2020*

### **BENEFIT FUND NEWS** *at a glance*



[Preventive Care Tests - Link to what tests you should have and when.](#)

#### June is Men's Health Month

Studies show men are less likely to seek medical care for a number of reasons. Some avoid care because they feel fine. Others are nervous about an exam or what it might reveal. Some men even see medical care as a sign of weakness. But staying healthy is a sign of strength. It's important to keep your whole health in check. Read more about Men's Health in [Father knows best: 7 lessons from dads to improve your health.](#)

As a reminder, the physical office is closed at 1319 Locust street until at least **June 4th**. 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.

Please continue to check in on the [COVID-19 Resources](#) page on the Benefit Fund website. We will continue to populate new resources and information to help you through this crisis. Aetna continues to provide access to the COVID-19 Toolkit for

**Resources for Living (RFL).** This is open to everyone and has some basic coping resources, as well as crisis phone numbers members can utilize.

Click here for the Coronavirus-Related Distribution Application

## Make Time for You - Self Care Matters



Every day, you do it all. You dedicate time and energy toward people, commitments and all the things that matter to you. But how often do you make time for self-care? How do you nurture yourself, too? It's vital that you take care of your body, mind and spirit regularly. And not just when you're sick. This helps you thrive and keeps your health in balance. So even amid the chaos and your day-to-day responsibilities, pay attention to your well-being, too. Here's a few tips from Aetna to keep you focused on you:

### Here are some things you can do for regular self-care:



#### Get enough sleep

Aim to get at least 8 hours of sleep each night. Set a bedtime routine and then stick to it. If you need an energy boost, take a short 10- to 20-minute nap during the day.



#### Exercise

This can help you feel and sleep better. Aim for at least 2.5 hours of moderate to intense physical activity a week.



#### Eat healthy

Eat fruits, veggies and whole grains. This will give you more energy to carry you throughout the day. It will also help you avoid impulse snacking.



#### Do something you enjoy

Pursue your hobbies, even if it's just for a few minutes a day.



#### Connect with others

Spend time with loved ones. It can be something as simple as meeting for coffee or going for a walk. No activity is too small.



#### Get regular medical checkups

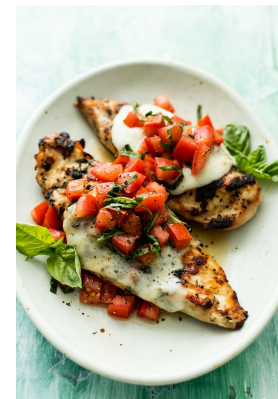
This includes dental and eye exams and mental health checkups, too. These can help you stay your healthiest.

## This Month's Recipe Spotlight

### Bruschetta Grilled Chicken

This is the least basic grilled chicken has ever looked. Make it on repeat during summer — when tomatoes are at their peak. No fresh tomatoes available? Just grab your favorite chunky salsa to top it off. Grill or stovetop in an iron skillet will work! *Source:*

*Delish* [Click here for the Full Recipe](#)





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...

If you need help and are struggling with this crisis or just need someone to talk to, please call the Aetna Resources For Living® crisis support line at 1-833-327-AETNA (1-833-327-2386). If you need help - please reach out.

[Link](#) To Aetna Resources for Living with information to help you navigate COVID-19.

## 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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