



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

August, 2020

BENEFIT FUND NEWS *at a glance*



The 2020 Biometrics program is open - deadline Oct. 31st! More details can be found [here](#). Mailings were sent to your home address in July. If you did not receive the mailing, please contact the Benefit Fund to ensure we have your correct address on file.

#TimeForCare

With so much focus on COVID-19 over the last few months, you may have put off important doctor visits or other medical care. Your care needs to continue — especially if you're facing a chronic condition, emotional issue or are pregnant — because it's always important to take time for you. And make #TimeForCare. [Keep Reading...](#)



Calm and clear: What mindfulness can do for your kids



Back to school is challenging in a normal year. This year brings a new set of challenges and uncertainty and kids are not immune to the stress of changing times. Mindfulness is the state of being aware of the present moment — noticing and accepting what's going on with your feelings, your body and your surroundings without judgment or labels. Through special “exercises,” children can learn to regulate their emotions and apply what they've learned in everyday life. [Read on for some tips to help calm the nerves of children...](#)

The physical office is now open for **scheduled appointments ONLY** at 1319 Locust street. Please call our appointment line **215-552-5830** to schedule an appointment if you need to be seen in person. We also ask that you please monitor your health and check for any symptoms before coming in for your appointment. If you are feeling sick or showing any signs of COVID-19, we kindly ask you to reschedule or seek assistance through the phone. When entering the building, face masks should be worn at all times.

We are still able to assist you with any questions or concerns you may have by phone, **"Ask Megan"** and 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. 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.](#)
[Please note - you must be vested 3 years as of 2018 to qualify.](#)

This Month's Recipe Spotlight

Lemon Garlic Shrimp and Grits

You won't find sticks of butter in this comfort food. Don't worry about flavor, though; these shrimp are plenty zesty from the lemon and garlic. *Source: Food Network* [Click here for the Full Recipe](#)



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.



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...](#)

Visit our website

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

Phone: (215) 735-5720

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www.1199cfunds.org