



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

July, 2020

BENEFIT FUND NEWS *at a glance*



The **2020 Biometrics program will be up and running from August 1st - October 31st, 2020**. We will communicate the program requirements to all members in a few weeks and information will be posted on the 1199cfunds.org website as well. Please stay tuned and share the program dates with your co-workers to ensure awareness of the program start date.



July is Skin Safety Month

There's nothing better than enjoying time outdoors. But fun in the sun can come with some health risks — and that means more than a bad burn. Take a few moments to learn how you can spot issues like skin cancer and how you can protect your skin from the sun.

What do I do to treat a sunburn?

Get to know your skin

Skin cancer can be cured if found and treated early. Be sure to check your body once a month, looking for any new skin growth or changes in skin growth. Know the ABCDEs of early detection.

Also, be sure to have your doctor check your skin during routine health exams and ask a friend or family member to examine areas of skin that you can't see. Skin cancer often appears on the torso of men and the legs for women.

Asymmetry — One half of a mole doesn't match the other half.

Border irregularity — The edges of a mole are ragged, notched or blurred.

Color — The skin color is not uniform. Shades of tan, brown and black are present along with dashes of red, white and blue.

Diameter — The size of the mole is greater than $\frac{1}{4}$ of an inch, or about the size of a pencil eraser.

Evolution — There is a change in the size, shape or symptoms of the growth.

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

Positive thinking: How affirmations can help you achieve your health goals



When John and Brittany Agin walk into the bathroom each morning, they're greeted by a handwritten note on the mirror that reads: "Good

morning, beautiful! Yesterday is over, all your slip-ups are forgiven. The score is zero. Make it positive today!" This positive affirmation is one of dozens hanging on the walls, cabinets and doors in the couple's Columbus, Ohio, home. Equal parts motivation, inspiration and real talk, positive affirmations have helped the Agins stay focused on their quest to quit smoking, get healthy and, ultimately, start a family. And the strategy is working. [Read more...](#)

This Month's Recipe Spotlight

Summer Gazpacho

Only try this recipe if you're going to use some killer, end-of-summer, super-sweet tomatoes. There just isn't any

substitute, so happy hunting, and I hope you find some so you give this a try. *Source: Allrecipes* [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.

[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

Phone: (215) 735-5720

Fax: (215) 985-9232

www.1199cfunds.org