



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

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(215) 735-5720 • (800) 531-1199 • FAX (215) 985-9232

September, 2020

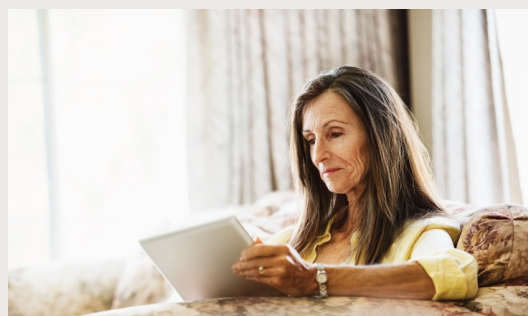
BENEFIT FUND NEWS *at a glance*



The 2020 Biometrics program is open - deadline Oct. 31st! More details can be found on the 1199C Benefit Fund website [here](#) and below in this newsletter. 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.

Telemedicine: How to take advantage of this health care perk

One Friday night, Tameka Hamlin discovered her 2-year-old daughter had pinkeye – again. Because it can be highly contagious, she wanted to start treating it right away. Her husband suggested they give telemedicine a try. Soon, a pediatrician was examining Tameka's daughter by video chat. The toddler had been treated the month before for bacterial conjunctivitis, so the doctor concluded that this was a recurrence and called in a prescription for antibiotics.



Telemedicine, also called virtual care, refers to medical or mental health advice or treatment provided by phone, mobile app or online video. Busy work schedules, late-night health surprises, and long trips to the nearest medical office can delay access to care. So can the stigma around some mental health conditions. More recently, people postponed routine visits because of COVID-19. Keep reading to learn when and how telemedicine can help you get the care you need. [Click Here](#).

How to spot depression and anxiety: Your guide to mental health



Everyone gets butterflies in their stomach when stepping into unfamiliar territory, and it's completely normal to feel sad or blue when something doesn't go your way. But if your sadness lingers for more than two weeks or your nervousness or worrying interferes with your ability to function, you could be suffering from depression or an anxiety disorder. [Read on ...](#)

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.

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 - there are vesting requirements to qualify.](#)

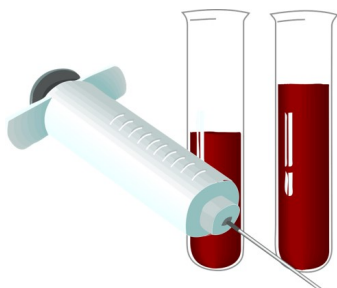
This Month's Recipe Spotlight

One Pot Chicken and Chorizo Paella

Traditional paella is cooked on the stove top to begin with, finished in the oven, then set aside for a few more minutes to finish cooking the rice. Onions and bell peppers serve as the main aromatics, smoked Spanish paprika and saffron are the key spices, bomba rice is the best rice to use, and chicken broth or seafood broth are the cooking liquid of choice. But for quick weeknight dinners, this is a go-to. [Click here for the Full Recipe](#)



Biometrics Instructions and Links



Quest Blood work:



Aetna Health Assessment:

Pick ONE option for blood work

Quest PSC: Schedule an appointment at a Quest Patient Service Center (PSC) by logging onto :

<https://my.questforhealth.com> or calling the Blueprint for Wellness Call Center at **1-855-623-9355**. You will need the following information to register:

- **Registration Key:** 1199c
- **Unique ID:** 1199+ First and Last initials+ last 4 of your SSN
- **Example:** John Smith SSN 123-45-6789, Unique ID: 1199JS6789

Primary Care Physician – You may schedule an appointment with your primary care physician (PCP) to complete your bloodwork. If you choose this option, you will need to request a Physician Form from the Benefit Fund and one can be e-mailed to you. Bloodwork results from your physician can only be used if they were collected between June 1st – October 31st 2020. **You MUST** ensure the doctor completes the physician form will all results and have the doctor fax the results back to Quest at the number printed on the form by November 14, 2020.

Step 1: log in to www.Aetna.Com. If you don't know your username or password, click forgot username/password. If you are a first time user (new to Aetna) follow the link to register.

Step 2: click on the stay healthy tab at the top of the page. A new window will open and you will click stay healthy to open your benefits.

Step 3: find complete your assessment under the access your health dashboard heading and click it.

Step 4: this will open your personal dashboard. In the middle of the page, click the down arrow on the block that states launch my health assessment. Select start new or update current.

Step 5: this will open your well-being page. Click on start health assessment to begin.

Step 6: this will open your health assessment page. Click on start/retake to begin.

Step 7: once you complete your health assessment, you will see a results page with a score, your name and the current date. Print this page or take a screenshot for your records.



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.

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