



**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

October, 2020

BENEFIT FUND NEWS *at a glance*



URGENT MESSAGE REGARDING THE 2020 BIOMETRIC PROGRAM!!

In response to our members' concerns and difficulties with completing the Quest bloodwork and Aetna's online health assessment during the Covid-19 pandemic, the Benefit Fund Trustees have decided to modify the 2020 program as follows: 1. If you were compliant with last year's bloodwork and online health assessment requirements, you will not be required to complete the bloodwork and online assessment by October 31, 2020 as previously announced. If you are unable to complete the bloodwork and/or the Aetna online health assessment this year, there will be no \$20 per week surcharge. 2. If you did not complete your bloodwork and/or online health assessment last year, 2019, and you do not complete your bloodwork and online health assessment by the October 31, 2020 deadline, you will continue to be assessed the \$20 per week Biometric surcharge which will be assessed from March 1, 2021 through March 1, 2022.

If you have any questions, please contact the Benefit Fund at 215-735-5720 or 1-800-531-1199.

The Benefit Fund Trustees



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**** PLEASE READ ****

NEW HEALTH PLAN PROVIDER

Effective December 1, 2020

Dear 1199C Benefit Fund Member,

This communication serves to update you concerning our new health plan provider. We are happy to announce **effective December 1, 2020, our new medical provider will be Independence Blue Cross Keystone Health Plan East Point of Service.**

Keystone Health Plan East (Keystone) is committed to bringing you an innovative, cost-effective health benefits solution that will enhance the health and well-being of you and your families. Medical coverage from Keystone provides you with access to a large regional network of providers. Keystone ensures to revolve every decision they make around helping you and your families lead happier, healthier lives.

Expect a *Welcome Kit* with more details in November that will include:

- Detailed summary of your Keystone health plan
- Information on well-being programs
- Ways to stay connected with Keystone
- How to access health resources and discounts
- Comprehensive FAQ

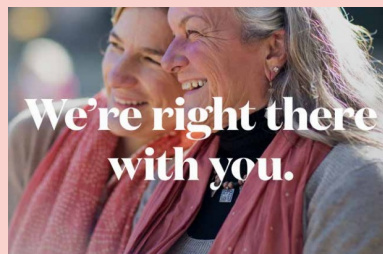
Any questions can be directed to The Benefit Fund member services at 215-735-5720 or toll-free at 800-531-1199.

Sincerely,

LaVerne K DeValia

LaVerne K. DeValia
Executive Director

**Aetna
Breast**



**We're right there
with you.**

Cancer Support Center

Complete online resources for your breast health journey

Support, answers and guidance — all when you need them most. If you're worried about breast cancer or you've been diagnosed, the right support can make all the difference. It's about knowing what to expect, finding answers and confidence in times of uncertainty, and having somewhere to turn. We want you to know that you can turn to us. We're here for you with the Aetna Breast Cancer Support Center. The Aetna Breast Cancer Support Center provides a complete range of online resources personalized for you, based on where you are in your journey. That means everything from education on treatment options and coverage information to things like tips for nutrition and stress relief. We want to help you live your life, no matter what you're going through.

For more information, please visit the secure member section on [aetna.com](https://www.aetna.com). Click on “**Breast Cancer Support Center**” under “**Find Care**”

How common are breast cancer and ovarian cancer?



One in every 9 women (about 11% of women) will be diagnosed with breast cancer in their lifetime. Breast cancer is the 2nd most common type of cancer for women, with skin cancer being the most common. Ovarian cancer occurs in about 1-2% of the population (about 1 in every 70 women). It's important to know what to look for and steps you can take to make sure your risks. [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.](#)

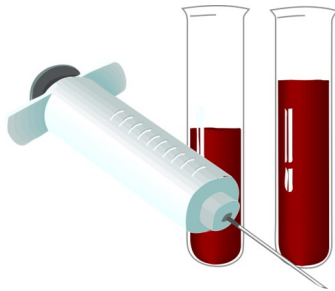
This Month's Recipe Spotlight

Green Apple Sourdough Pancakes

Fall is here so let's get a warm hearty breakfast to get the day started. You can make a batch over the weekend and freeze for easy, quick breakfast before school or work. [Click here for the Full Recipe](#)



Biometrics Instructions and Links



Quest Blood work:

[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



Aetna Health Assessment:

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

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.

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.

[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

