



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

November, 2020

BENEFIT FUND NEWS *at a glance*



The 2020 Biometrics program is now closed! Thank you for all who completed their annual Benefit Fund Biometrics Program requirement. Completed physician forms are still being accepted by Quest until **Nov. 14th, 2020**. Please get those forms in to Quest as soon as possible. Do not send them to the Benefit Fund – please have the doctor's office (or you can fax) fax the form **855-794-1391**. If you have any questions or concerns about the program, please reach out to the Benefit Fund by calling 215-735-5720 and leave a message.

Living Well with Diabetes

Complete online resources for your breast health journey

"When you're dealing with a chronic ailment, it's hard to adjust mentally to how your life is going to change," says Craig Kasper, who was diagnosed with Type 1 diabetes when he was 27. "You start to worry about your mortality, what to eat, how to exercise." This is the story of three people diagnosed with diabetes or prediabetes who struggled to cope with lifestyle changes, medication, and a new vision of their future. (Spoiler alert: They all get to a better place, and even have fun along the way.)



Diabetes occurs when the body can't use glucose, a type of sugar that provides energy to our cells. The level of glucose in the blood is controlled by a hormone called insulin, made by the pancreas. In Type 1 diabetes, the pancreas produces little or no insulin. In Type 2, the body doesn't respond to the insulin that's made. In both cases, blood sugar levels rise, leading to serious complications. Some people with mildly elevated blood sugar are considered "pre-diabetic."

The individuals we spoke with agreed that hearing you're diabetic can be

overwhelming at first. But learning how to manage their condition helped them take control of their overall health and ultimately made them feel stronger mentally and physically. Read on to learn more about the stories of Crystal, Kelly and Craig – their accomplishments, setbacks, and advice for the newly diagnosed. [Click Here...](#)

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

Stuffed Bell Peppers

This classic recipe is sure to warm you up, while staying healthy at the same time. You can alter the ingredients and stuff the peppers with anything you'd like! [Click here for the Full Recipe](#)



****Calling all 1199C Retirees****

Open medicare enrollment period is October 15 – December 7.

If you are a retiree and you need help understanding your options, Local 1199C has retained Labor First, a firm that specializes in member services to Union Retirees. You will have a dedicated group of Retiree Advocates who will work specifically for you to provide ongoing support and to answer any questions or concerns. You can reach a dedicated Labor First Retiree Advocate at 215-608-1250.



COVID-19 UPDATES

We're here for you. Continue to visit our site for regular updates



Check out our webpage



We are actively monitoring the Novel Coronavirus (COVID-19) situation and want to assure

and resources to help you work through this crisis.

[Read more...](#)

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](#)

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