



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

December, 2020

BENEFIT FUND NEWS *at a glance*



As the COVID-19 virus evolves, our response also needs to evolve.

For the safety and well-being of our employees and members, the Benefit and Pension Fund's have decided to shut down our offices as of 5:00 p.m. on Wednesday, November 25th.

We will continue to work remotely for the foreseeable future. Please rest assured we are equipped to continue to provide our members with the highest level of service remotely. All mail, faxes and emails will be monitored continually, to assure no lapse in services.

We understand you may have questions and concerns during this time. Please do not hesitate to call the Fund's offices at 215-735-5720.

Thank you for your understanding during these critical times, and we look forward to continuing to serve you.

[Click here for the Coronavirus-Related Distribution Application. Please note - there are vesting requirements to qualify.](#)

Nutrition Counseling

Ditch the diets and learn how to eat right for life by visiting a food and nutrition expert (or your physician). These experts are called registered dietitians, and your Independence Blue Cross health insurance covers up to six visits a year at no cost to you.*



Eat better, feel better

With better nutrition, your body functions better and has a greater ability to heal and strengthen itself. And one of the things you may notice as a result of your healthier food choices is weight loss.

Besides giving you a boost of self-esteem, shedding even a few pounds can also offer you the following benefits:

- Increased energy level
- Lower cholesterol levels
- Reduced blood pressure
- Decreased risk of heart disease and stroke

Make a nutrition counseling appointment today

Take advantage of your Nutrition Counseling benefit by simply scheduling an appointment with a participating registered dietitian, your primary care provider, or another network provider. With the help of your doctor or registered dietitian, you can assess your diet and set personal goals for better eating habits and weight management.

You can search for a participating registered dietitian using the

[Find a Doctor tool](#)

This Month's Recipe Spotlight **Garlic Chicken Stir Fry**

Strips of skinless chicken breast stir it up with garlic, ginger, and tons of crunchy vegetables, including sliced cabbage, red bell pepper, and sugar snap peas. Toss it with a lightly sweetened soy sauce, and dinner's ready!



[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 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...](#)

Your Benefit Contacts



IBX MEDICAL PLANS

IBX Member Services..... 1-844-258-3463

IBX Behavioral Health 1-800-634-5334

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