



NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342

BENEFIT INSIGHT



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Next Upcoming Educational Workshops

Supplemental 401(k) Retirement Workshops

Tuesday, February 13th, 5pm
Wednesday, May 8th, 5pm
Tuesday, September 10th, 5pm
Wednesday, November 13th, 5pm



Pension Pre-Retirement Workshops

Wednesday, March 13th, 5pm
Tuesday, May 21st, 5pm
Tuesday, August 13th, 5pm
Wednesday, October 16th, 5pm

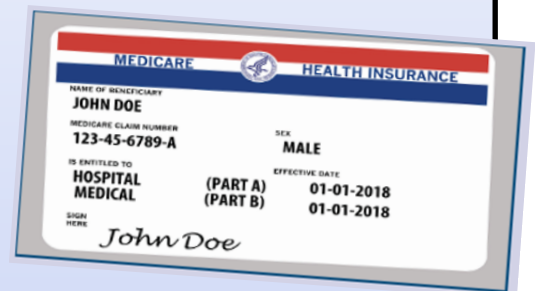
Workshops are currently scheduled via ZOOM webinar and registration is required. Check our website (www.ncpttf.com) for updated information on upcoming workshops.

Medicare Enrollment for Retirees and/or Retiree's Eligible Dependent (s) IMPORTANT REMINDER

Once an individual becomes entitled to Medicare coverage, enrollment in Medicare Parts A and B is mandatory and must be elected during the three-month period prior to their Medicare entitlement date which is generally the first of the month in which the individual attains age 65; (individuals under age 65 who are receiving Social Security Disability Income (“SSDI”), may be entitled to Medicare coverage prior to attaining age 65). Individuals residing in the United States who are receiving a Social Security or Railroad Retirement Board (“RRB”) benefit at least 4 months before being eligible for Medicare are automatically enrolled in both Part A and Part B. Individuals who are not receiving a Social Security or RRB benefit are not automatically enrolled in Medicare Part A and Part B and must apply, at least three months prior to entitlement, by contacting Social Security.

Failure to enroll in Medicare Parts A and B at the time of entitlement and/or failure to notify the Trust Fund Office (“TFO”) of Medicare entitlement will result in an additional monthly premium (currently \$275) that is effective retroactive to the Medicare entitlement date.

Prior to Medicare entitlement, coverage may be maintained under more than one Group Health Plan. However, upon Medicare entitlement, certain Medicare Benefits must be assigned to one Group Health Plan and disenrollment from any other Group Health Plan is required.



The Plan suggests contacting the nearest Social Security Office to determine the Medicare entitlement date upon receipt of a Social Security Disability Award Letter and advising the Trust Fund Office of Medicare entitlement. If you have any questions, contact the TFO at (925) 356-8921 ext. 710.

FEBRUARY 2024 – JANUARY 2025 RETIREMENT BENEFIT SCHEDULE

Below is the February 2024 – January 2025 Retirement Benefit Schedule for Recipients of monthly Retirement Benefit payments.

RETIREMENT BENEFIT MONTH	SETTLEMENT DATE
February 2024	February 1, 2024
March 2024	March 1, 2024
April 2024	April 1, 2024
May 2024	May 1, 2024
June 2024	June 3, 2024
July 2024	July 1, 2024
August 2024	August 1, 2024
September 2024	September 3, 2024
October 2024	October 1, 2024
November 2024	November 1, 2024
December 2024	December 2, 2024
January 2025	January 2, 2025

Retirement Benefit payments from the Northern California Pipe Trades Pension Plan commence as of the 1st of each month.

While the mailing of a Participant's Electronic Funds Transfer ("EFT") Statement will be *in advance* of the 1st of the month, the monthly Retirement Benefit payment is not due and payable until the Settlement Date which is the first business day of each month.

Your monthly Retirement Benefit payment will be electronically transferred to the financial institution of your choice. An EFT Statement will be mailed to you each month confirming the transaction.

Changes to your bank account information:

The 10th of each month is generally the deadline to make any changes to bank account information for the following month. If you need to request a Form to make any type of change, or if you have any questions, please contact the Pension Department at 925/356-8921, ext. 712.

Didn't Get your Working Dues Statement? Check ISITE!

Your Working Dues Statement is available on the ISITE portion of our website (www.ncpttf.com).

You can also review your current eligibility, work history and contributions on ISITE.

If you do not know your ISITE account information, contact the Trust Fund Office at (925) 356-8921 ext. 710 to request an ISITE letter which contains your Username and Password.

February is American Heart Month

Your cardiovascular system moves blood and oxygen throughout your body to keep it going so you don't miss a beat. In fact, your heart beats about 100,000 times every day. Show it some love with a few easy-to-do activities.

Reduce your risk for stroke

Being active is important and has loads of health benefits – but when you don't get regular exercise, your risk of heart disease and stroke goes up by 50%.

Get smart about salt

Too much sodium raises your risk for heart disease. Instead of using salt to flavor your food, try lemon juice, spices, or fresh herbs.

Listen to your heart

Just 40 minutes of moderate exercise 3 to 4 times a week is enough to lower cholesterol and high blood pressure.† Your heart will thank you for it later!