

FOR YOUR BENEFIT

NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342



Kim Biagi
Fund Administrator

Phone (925) 356-8921 Fax (925) 356-8938 Email tfo@ncpttf.com Website www.ncpttf.com

2022 Educational Workshop Schedule

Pension Pre-Retirement Workshop

Saturday, May 21st, 10am
Tuesday, August 9th, 5pm

Supplemental 401(k) Retirement Workshop

Tuesday, May 17th, 5pm
Wednesday, August 24th, 5pm

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



National Mental Health Awareness Month

May is National Mental Health Awareness Month. Listed below are some tips we can all use to boost our mental health from the “31 Tips to Boost Your Mental Health” article written by Mental Health America (www.mhanational.org/31-tips-boost-your-mental-health).

- Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can’t drink coffee because of the caffeine, try another good-for-you drink like green tea.
- Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavonoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
- Spend some time with a furry friend. Time with animals lowers the stress hormone – cortisol, and boosts oxytocin – which stimulates feelings of happiness. If you don’t have a pet, hang out with a friend who does or volunteer at a shelter.
- “Anyone who has never made a mistake has never tried anything new.” – Albert Einstein. Try something outside of your comfort zone to make room for adventure and excitement in your life.



As a reminder the Carriers that provide our health care coverage have resources on their website that can be used by enrolled Plan Participants. These resources can be found for those who are part of the Kaiser Plan at (healthy.kaiserpermanente.org/northern-california/health-wellness). For those who are enrolled in Blue Shield, information can be accessed at (www.blueshieldca.com/bewell/livehealthy/mentalhealth).

When will I qualify for healthcare benefits?

Once your employer has reported 300 hours, you will receive healthcare information from the TFO. For further questions, check our website (www.ncpttf.com) or call our Eligibility Department at 925/356-8921 extension 710.

FAQs



NWPS Website Access

NWPS (formally Kaufmann and Goble) is the Plan Administrator/ Recordkeeper. Logging in to your account through their website (www.KandG.com) allows you to access your balance and contributions including mandatory Employer - 401(a) contributions and Participant - 401(k) contributions. Historical fund performance and rates of return are also available on the website. The Plan number (342), your social security number, and a pin number issued by NWPS is needed to access the website. To obtain a new pin number call NWPS at 800/767-1170 option 4.

