



NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342

BENEFIT INSIGHT



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Next Upcoming Educational Workshops

Supplemental 401(k) Retirement Workshop

Wednesday, May 6th, 5pm
Tuesday, September 1st, 5pm
Wednesday, November 18th, 5pm



Pension Pre-Retirement Workshop

Thursday, August 13th, 5pm
Wednesday, October 14th, 5pm

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

Mental Health Awareness Month



May is National Mental Health Awareness Month. Like physical exercise, mental exercise is just as important. Here are 4 ways to build mental fitness:

- * Play Games: Doing crossword puzzles, Sudoku games, jigsaw puzzles, and other games that rely on logic, math, word, and visuospatial skills are great ways to increase brainpower.
- * Read a variety of books: Challenge your brain by reading about a variety of topics. Your brain will get a workout imagining different time periods, cultures, and people.
- * Daily Meditation: Meditation is known to calm your body, slow your breathing, and reduce stress and anxiety. By creating a calm mental state, you engage your brain in new and interesting ways. All it takes is five minutes of meditation in a quiet spot each day.
- * Learn a new skill: No matter your age, your brain is capable of learning new skills at any point in your life. It's a great way to strengthen brain connections because when you learn a new skill, you work multiple areas of your brain. Learning to play an instrument, building a ship in a bottle, learning new dance moves, or learning a new language all challenge your brain in new ways and can add something fun and interesting to your life.



How can I change my address on file?

In order to change your address, you will need to fill out a new Enrollment/Change Form (unless you are not enrolled in any Health and Welfare plan, then it will be a Change Request Form). These forms can be found on our website. The Enrollment/Change Form will need to be completed in its entirety; including listing all eligible and enrolled Dependent(s), the new address, signed by the Participant, and dated. We cannot take address changes over the phone due to the risk of fraud. Please note, you will need to contact the Local 342 office separately from the Trust Fund Office to update your address with Local 342. They can be reached at 925-686-5880.



Browse with Benefits

Your vision and wellness come first with VSP. Now, your benefit includes eyeconic.com, the VSP online eyewear store.



Eyeconic® seamlessly connects your eyewear, your insurance coverage, and the VSP® doctor network. Plus, you get the convenience of online shopping along with the personal touch from a VSP network doctor.



eyeconic
a vsp vision company

Online shopping with benefits

Online shoppers will love:

- A huge selection of contact lenses and designer frames 24/7—and the Virtual Try-On tool.
- Free shipping and returns.*
- Free frame adjustment or contact lens consultation.
- Verification of your prescriptions and the 25-point inspection process to ensure your eyewear is just right.
- 20% off any out-of-pocket expenses on eyewear after your frame allowance is applied.



Already used your benefits for the year?

As a VSP member, you still receive 20% savings on glasses and sunglasses on Eyeconic.

It's easy to use your VSP benefit

1. **Create an account on vsp.com.** Review your vision benefit and access your eligibility and coverage information, including how to apply your benefits on Eyeconic.
2. **Find a VSP network doctor near you.** The decision is yours—choose a conveniently located VSP network doctor or any out-of-network provider. Visit vsp.com or call **800.877.7195** to find the best provider for you.
3. **Check out Eyeconic and browse the frame brands you love.** You can connect to your VSP benefits, upload your prescription at checkout, and order your glasses following your WellVision Exam®.



Experience eyeconic.com®, a convenient retail option.

*Terms and conditions apply. Visit eyeconic.com/faqs for more details.

To learn about your privacy rights and how your protected health information may be used, see the VSP Notice of Privacy Practices on vsp.com.

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Classification: Public

Trust Fund Word of the Month

Beneficiary

A beneficiary is a person(s) or entity listed on the Trust Fund Office Beneficiary Designation Form to legally receive applicable benefits after a Participant has deceased.