



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

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.

Stay healthy away from home

Whether you're on the go around town or traveling across the country, take these easy steps to stay healthy.



Be prepared

- Pack for the weather. Don't forget sunglasses and a hat.
- Always bring sunscreen that's SPF 30 or higher to help **protect your skin**.
- If you're going abroad, check cdc.gov/travel for health notices and vaccination recommendations.



Keep medications at hand

- Refill your prescriptions before long trips. Talk to your doctor if you're managing any conditions.
- Keep sunscreen in your purse, backpack, or carry-on so you can apply it every 2 hours.
- If you're leaving the country, pack any over-the-counter medications you often use.



Get care anywhere

As a member, you can get care when and where you need it:

- In-person urgent and emergency care
- 24/7 virtual care and advice using the Kaiser Permanente app
- Prescription refills
- Travel care help by phone: **951-268-3900 (TTY 711)***

Visit kp.org/travel to learn more about getting care away from home.

*This number can be dialed from both inside and outside the United States. Before the phone number, dial "001" for landlines and "+1" for mobile lines if you're outside the country. Long-distance charges may apply, and we can't accept collect calls. The phone line is closed on major holidays (New Year's Day, Easter, Memorial Day, July Fourth, Labor Day, Thanksgiving, and Christmas). It closes early the day before a holiday at 10 p.m. Pacific time (PT) and it reopens the day after a holiday at 4 a.m. PT.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 4000 Garden City Drive, Hyattsville, MD 20785 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 2715 Naches Ave. SW, Renton, WA 98057

Word of the Month: **Active Subsidized Self-Payment**

If a Participant's Active coverage terminates due to Disability, unemployment, or if they have returned to work and are working short hours, they may be eligible to continue certain benefits and life insurance at a subsidized rate (subject to meeting eligibility requirements and Plan rules). Active Subsidized Self-Payment includes coverage for Medical, Prescription Drug, Life Insurance, and Accidental Death and Dismemberment (not Dental, Orthodontia or Vision) for a Participant and their eligible Dependent(s).



Always CHECK before you CLICK!
Don't help others steal your information.

A blue shark with a yellow eye is shown on the left, and a penguin is on the right, holding a laptop. A line connects the shark to the penguin, symbolizing a phishing attempt.

TARGETED EMAILS
from hackers will look legitimate at first glance

Make sure the email is **GENUINE** before you click on any links!

What To Check For

- 1 Look for misspellings or grammar errors.
- 2 Trust any email you didn't expect to receive with suspicion.
- 3 Check for odd phrases and word choice based on your knowledge of the sender.
- 4 Hover over links to see if the web address is legitimate and matches the email's content.
- 5 Verify any email that asks for personal information by independently looking up the sender's contact information.

Who Ya Gonna Call?

Getting the phone runaround? Imagine a world where you could call the correct number and extension the first time? It is possible and we are here to help, with this helpful quick guide:



Who do I Contact for Questions Regarding:

Blue Shield Claims, Hearing Aids, and/or Covered Services: (855) 256-9404

Kaiser Permanente Claims, Hearing Aids, and/or Covered Services: (800) 464-4000

Delta Dental Claims and/or Covered Services: (800) 765-6003

Vision Service Plan (VSP) Claims or Coverages: (800) 877-7195

HRA/Benny Card—NWPS Administrator: (855) 512-1170

Supplemental 401(k)—John Hancock Retirement Services..... (833) 388-6466