

# ILWU Warehouse Welfare Fund Healthcare E-Newsletter

Fall 2015

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**Check Out the ILWU  
Website Today!**



Have you been on  
ILWU's website lately?  
Staying connected to  
your benefits has never  
been easier!

**[CLICK HERE](#)**

for up-to-date health  
information & alerts  
from providers!



**Dear Plan Participant,**

Who's ready for crisp air, cozy fires, pumpkin pie and hot chocolate! We are! It's our favorite time of year: **AUTUMN!**

With this edition of our e-newsletter, we want to help you stay healthy this season with important information about getting your flu shot. Also, below you will find links to stay connected to your family's health & welfare benefits with great online and mobile tools available through your health provider.

Autumn is over as quickly as those leaves turn colors, blink and you might miss it! Stay healthy this fall so you can enjoy every moment!

## It's Time to Get Your Flu Shot

**Have you gotten your flu shot yet?**

Don't be one of the millions who gets the flu this year! Protect yourself and those around you by getting your seasonal flu shot now. It's easier than ever to get vaccinated while you are shopping at places like CVS, Rite-Aid, Walgreens, Target, Safeway Stores and more! **Check with your healthcare provider to get a list of contracted providers where you can get your flu shot.**



**[CLICK HERE](#)**  
**to Learn About**  
**the 2015-2016 Flu Season**

**Good Health is in Your Hands  
with Kaiser Permanente's  
My Health Manager Tool!**

Wouldn't it be great to spend less time managing your health & more time enjoying it?! Kaiser can help you do just that with their **My Health Manager** tool you can easily access on the website:

**[kp.org](http://kp.org)**

- Email your doctor's office
- View your test results
- Schedule or cancel appointments
- Refill your prescription
- View your immunization record
- Check eligibility & benefits
- And much, much more!



**UnitedHealthcare's Website  
[myuhc.com](http://myuhc.com)  
is Up & Running!**

Great News! Now members of UHC dental plans and UHC HMO & PPO medical plans can access **one website** for important information and easy to use tools:

**[www.myuhc.com](http://www.myuhc.com)**

- Request dental & medical ID cards

- Talk to a nurse online
- Easily find a network doctor, dentist, lab, or hospital
- Refill your prescription
- Manage your claims & pay your providers online
- Receive an estimate for services
- And much, much more!



## ***Wishing You Good Health & Happiness This Fall***

### ***Together. Managing your family's health and welfare benefits.***

If you have any questions please visit the ILWU website at [www.ilwufund.org](http://www.ilwufund.org) or call the Plan Administrative Office at (800) 543-9117.

#### **IMPORTANT NOTICE:**

We have made every attempt to make sure that the information in this newsletter is accurate. However, you should not rely on anything set forth in this newsletter to make any decisions with respect to contributions and/or benefits. Instead, contributions are governed by the applicable and relevant Collective Bargaining Agreement, and benefits are governed by the applicable and relevant Trust Fund documents, including the Trust Agreement and the Benefit Plan document. Insofar as there are any inconsistencies between what is in this newsletter and what is in said documents, the documents are the binding and final authority and supercede anything set forth in this newsletter. If you have any questions concerning this, please contact the Plan Administrative Office at (510) 639-4888 and their office will either answer your questions or send you the binding documents. The information in this newsletter is not warranted as accurate and/or correct. Please refer to the the relevant documents for final and correct information.