

NATIONAL BENEFIT FUNDS

PROGRAMS AND INITIATIVES CONCERNING YOUR NATIONAL PENSIONS AND HEALTH & WELFARE PLANS

Paying Too Much for Health Care Can Be Painful!

That's why the Trustees of the National Roofers Union and Employers Joint Health and Welfare Fund have decided to roll out an education campaign to help you save money and improve your health in the most member friendly way possible. We've partnered with CIGNA in this campaign to help us help you better utilize your benefits. Our goal is to help you get organized and be engaged in making better decisions regarding your health and the health of your family. As we move forward with this campaign, you can expect to see a lot more in this magazine, so keep your eyes peeled. Listed below is a roadmap briefly explaining all of the tools we'll continue to share with you throughout the campaign.

1. Disease Management Program

- ▶ Description: An outreach program designed to assist those members with certain conditions (low back pain, diabetes, COPD, and asthma). A dedicated nurse will walk you through any questions you may have about your condition, communicate with your provider to make sure you're receiving quality care, and be your advocate in improving your health.
- ▶ **Action Step: Answer the phone when you see "your health plan" on the caller ID to speak with your advocate.**

2. Urgent and Convenience Care Promotion

- ▶ Description: Want to save money? What about avoiding long wait times at the emergency room? Whether it's a runny nose or a small wound that needs stitches, Urgent and Convenience Care Clinics are a more affordable and faster alternative to the Emergency Room if you are not having an emergency. We'll be

sending you materials with locations of clinics and lists of conditions to help you make better decisions for you and your family.

- ▶ **Action Step: Call the number on the back of your ID card (1-800-768-4695) and speak to our nurses 24/7 who will advise you of the best place for you and your family members to receive care.**

3. LabCorp and Quest Promotion

- ▶ Description: This is your health plan and we want to help you save money. We have negotiated best in class discounts with LabCorp and Quest, two lab providers. We want to make sure that when you see a provider, you know that your voice makes all the difference. By asking your provider to have lab work sent through LabCorp or Quest, you can save your fund up to 300%, resulting in more benefits for you in the long haul. Your voice is powerful and we want you to use it!
- ▶ **Action Step: Request that your provider go through LabCorp or Quest when you have lab work done.**

4. Know Your Numbers Campaign

- ▶ Description: Your health is important and knowledge is power when it comes to taking care of you and your family. This educational campaign will provide you information on all the important numbers you need to know about in order to live a long and healthy life (blood pressure, weight, glucose, etc). Understanding what your numbers are and how you can improve them is one step to living better.



- ▶ **Action Step: Make an appointment with your primary care physician and discuss what healthy numbers look like for you.**

5. **Lifestyle Management Program**

- ▶ Description: Have you ever wanted to lose weight, de-stress, or quit tobacco, but just don't know where to start? Your health plan is providing you the tools to do just that, by offering you coaching and resources to improve your life and your family's. Whether it's cooking healthier meals, making a workout plan, relaxing more, or kicking tobacco, these

coaches will be your advocates and have your back for achieving your goals. By enrolling in the program you'll receive phone calls that accommodate your schedule and materials in the mail to support you. Make a phone call today to begin living better!

- ▶ **Action Step: Commit to living better by calling the number on the back of your ID card (1-800-768-4695) to enroll. Our coaches will be your advocate in reducing your stress, helping you quit tobacco, or maintaining a healthy weight.**

Baked Chicken Nuggets

Ingredients

- 1 ½ lb chicken thighs
- 1 cup ready-to-eat cereal, cornflakes, crumbs
- 1 tsp paprika
- ½ tsp Italian herb seasoning
- ¼ tsp garlic powder
- ¼ tsp onion powder

Instructions

1. Remove skin and bone, cut thighs into bite-size pieces.
2. Place cornflakes into plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Conventional Method

1. Preheat oven to 400 F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn the chicken thighs over.
3. Cut around bone and remove it.

Each serving provides

Calories 175, Total fat 8 g, Saturated fat 2 g, Cholesterol 67 mg, Sodium 127 mg
Carbohydrate about 6 g, Fiber less than 1 g, Protein about 18 g,
Potassium about 177 g



*Yield: 4 servings
Serving size: about 3 oz*