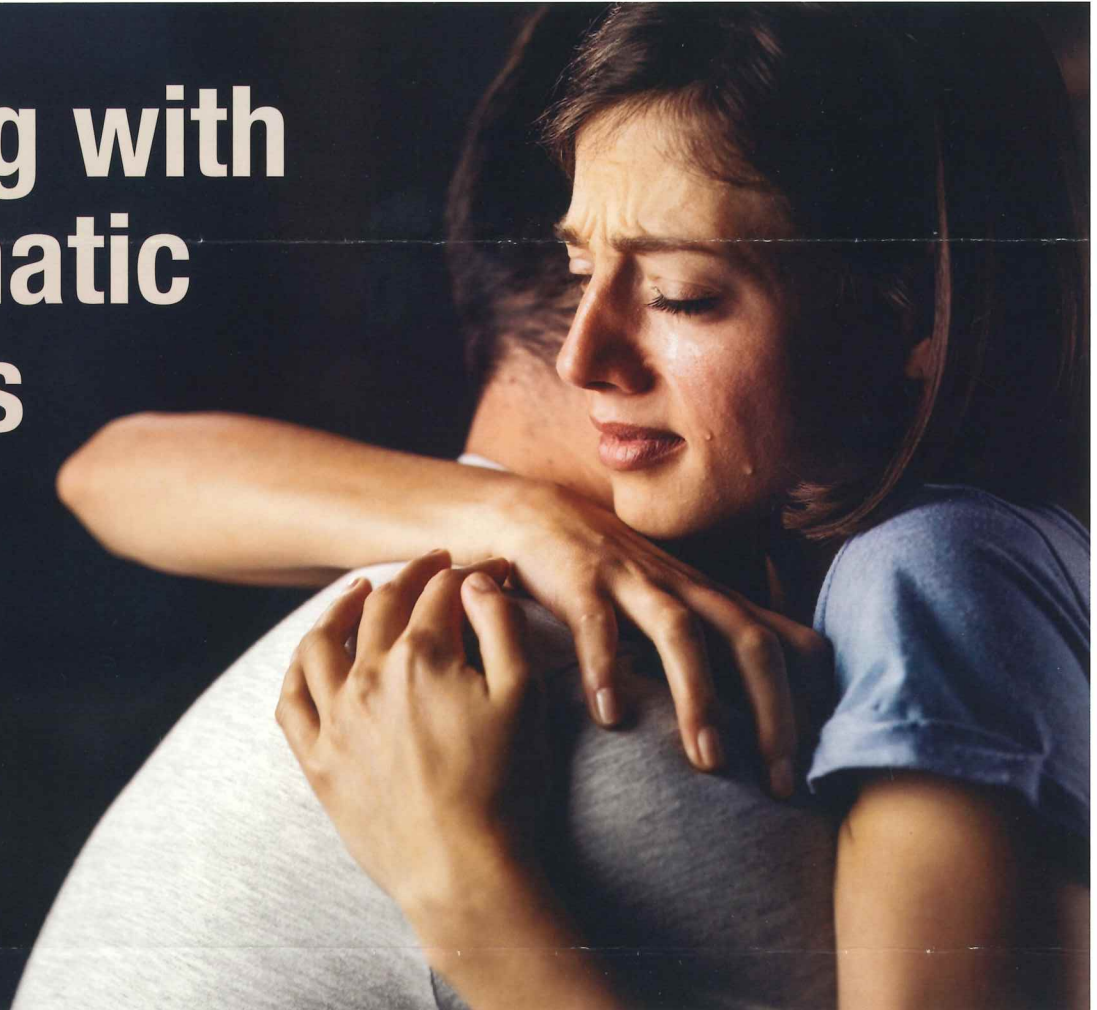




FALL/WINTER 2023

Coping with Traumatic Events



Keep in mind that mental health support is available 24/7 through your Operating Engineers Local 12 sponsored health plan regardless of which health plan you are enrolled in, Operating Engineers Health and Welfare Fund PPO plan, Kaiser PPO or HMO plan, Health Plan of Nevada HMO plan, or the UnitedHealthcare MA PPO plan.

Following are a few tips to keep in mind during time of stress, anxiety and when coping with traumatic events.

Acknowledge your feelings. Anything you're feeling right now is understandable and acceptable. Your emotions may shift moment to moment. It can help to say or write down how you feel. "I am afraid." "I don't know what to do."

Expression often helps us process our feelings and make sense of them.

Seek support. Reach out to your family, your community, or a religious leader for consolation and comfort. Your health plan can connect you with a professional counselor for compassionate emotional support. Being able to express yourself freely can lessen anxiety and help you determine how you can care for yourself and your family.



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Coping with Traumatic Events

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Do simple, routine tasks. This is a time when habits can be helpful. Simply doing a few typical, everyday tasks can provide a feeling of stability during this time of uncertainty.

Take a moment for you. Find moments to stop and ground yourself. Feel the floor under

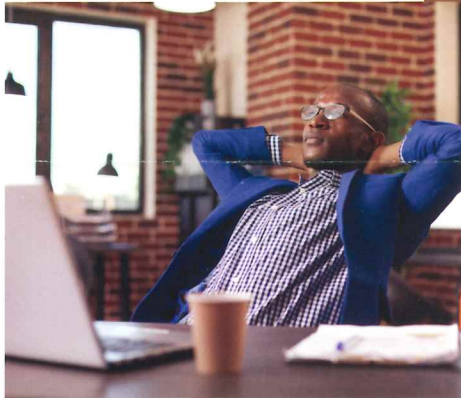


your feet. Breathe. Put a hand on your heart. Tell yourself something positive — and true — in this moment. “I am okay.” “I am safe.” “I am taking care of my loved ones.”

Care for yourself. In times of great strain, we can often ignore our needs or do things that are unhealthy such as skipping meals or numbing pain with

alcohol or substance use. Remember that your health is important. Do what nourishes your body and keeps you strong and clear-minded.

Allow yourself moments of grace. In times of strife, we can feel guilty about laughing, relaxing, sleeping, or taking a walk. Do not shy away from these positive ways to relieve stress. They will improve your resilience and well-being.



How to Respond to Someone in Crisis

This may be a time when you feel like there are no words that are helpful. If you know someone well or are in a managerial role at work, simply tell them you are available to listen or offer to help connect them with assistance through their health plan.

For coworkers, it can help to express a supportive sentiment without asking for a response or information. “This must be a difficult time. I hope you and your family are safe and well.”

If you have not experienced a traumatic event, avoid telling someone you understand their feelings. Instead, gently offer condolences and sincere feelings. “I am so sorry for what you are going through.”

Look for ways to provide support. They can be as small as picking up lunch or having a cup of coffee ready in the morning.

Important Reminder

Please keep your Operating Engineers Trust Funds Designation of Beneficiary Forms up to date.

There is a combined *Designation of Beneficiary Form* for the Health & Welfare Fund and Vacation Holiday Savings Trust, and separate forms to be used to designate a beneficiary under the Operating Engineers Pension Trust and the Operating Engineers Defined Contribution Plan.

Beneficiary forms can be downloaded from our website at www.oefunds.org or obtained by calling the Fund's Member Service department at (866) 400-5200.

Attention Pensioners

The Annual Pensioner Verification Campaign for 2023 has begun. We know it can be an inconvenience to complete and return these forms but it is very important for a couple of reasons:

1. It satisfies a requirement in the Pension Plan requiring the Fund Office to verify that pensioners are not working in the type of employment prohibited by the Plan.
2. It prevents non-union employment that undermines the finances of the Pension Plan, takes jobs from Local 12 members and hurts our good Union employers.

Effective January 1, 2024, the Operating Engineers PPO Plan Will Cover Naloxone Nasal Spray Through the OptumRx Pharmacy Program as an Over-the-Counter Medication

Earlier this year, the U.S. Food and Drug Administration (FDA) announced the approval of an over-the-counter (OTC) version of naloxone hydrochloride nasal spray (Narcan). Naloxone nasal spray is used for the emergency treatment of known or suspected opioid overdose.

With the FDA’s approval of OTC Naloxone and to broaden access to opioid overdose treatment, the Operating Engineers Health & Welfare Fund will begin covering OTC Naloxone for Operating Engineers PPO plan members at OptumRx network pharmacies beginning January 1, 2024.

Two versions of naloxone will be covered, each with a different copay:

OptumRx Naloxone OTC Coverage Effective January 1, 2024	
Product	Copay
Narcan OTC Nasal Spray	\$25
Naloxone OTC Nasal Spray	\$10

*At some point, once existing market supplies are exhausted, the prescription version of Narcan nasal spray and associated generics will no longer be available. Once that occurs the only way to purchase these medications will be as an OTC medication.



Upcoming Spouse Eligibility Audit

We are all aware of how important it is to have adequate health care coverage. We also know how expensive paying for health care can be. What you may not know is that the Operating Engineers Health and Welfare Fund is self-insured, which means health claims are paid by the Company, not an outside insurance company.

Part of the Fund’s duties is to keep costs down so we can maintain a cost-effective health care plan for all members. We need to make sure that only those spouses who are actually eligible are the ones being provided with coverage. National averages show that each spouse’s health care costs are \$4,500 each year. Covering spouses who are not eligible raises our cost for benefits.

In an effort to control these costs we have once again retained the services of HMS (Health Management Systems, Inc., a Gainwell Technologies company) to assist us with completing a spouse verification of our plans. HMS is known for their professionalism, confidentiality and sensitivity to member needs and concerns. This process will ensure that we are covering eligible spouses in a fair and equitable manner.

If you have a spouse enrolled in any of the Operating Engineers Health and Welfare Fund’s benefit plans, you will receive a letter addressed to your home from HMS. The letter will detail the steps and information required to keep coverage on your enrolled spouse. You will also be asked to submit evidence of eligibility directly to HMS.

When you receive any correspondence from HMS, please read it carefully as there are specific due dates when certain information needs to be returned. Failure to follow the instructions could result in loss of coverage for your spouse.

Detailed eligibility information, as well as a toll-free customer service number, fax number and customized web address will be included in the upcoming correspondence to you from HMS. Feel free to contact them if you have any questions or need additional information.

Thank you for helping us manage our plan expenses so we can continue to provide health care at a reasonable cost!

Fall

WORD SEARCH

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| ACORN | HALLOWEEN |
| APPLE | HARVEST |
| AUTUMN | HAY |
| CHESTNUTS | LEAVES |
| CHILLY | MAIZE |
| CIDER | NOVEMBER |
| COBWEB | OCTOBER |
| FALL | PIE |
| FAMILY | PUMPKIN |
| FOOD | QUILT |
| FOOTBALL | RAKE |
| GOURD | SCARECROW |

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H	R	C	P	E	W	A	N	E	L	O	F	L	R
R	I	R	S	R	M	V	R	N	S	F	Y	T	D

Play this puzzle online at: <https://thewordsearch.com/puzzle/6220605/>



Free Medication Disposal Kits for Operating Engineers PPO Plan Members

Do you have unused or expired medicine that you need to dispose of? OptumRx now offers Detera drug disposal kits free of charge, so you can easily and safely dispose of unwanted or expired medications at home.

You can request a medication disposal kit to be delivered to your home at no charge by calling OptumRx Customer Service at (855) 295-9140.

Change of Address

It is very important that the Fund Office has, in addition to your mailing address, a record of your current physical address on file. Your physical address is important for Plan enrollment. Changes of address must be received by the 15th of the month in order for your pension check to be sent to your new address the following month. The Fund office will continue to send communications to the mailing address you specify, not the physical address, if they are different. Please complete the form below:

Physical Address:

Name _____ Reg #, OEID, Last 4 Digits of Member's SS# _____

Street (Physical Address) _____

City _____ State _____ ZIP _____

Mailing Address:

Street (Mailing Address) _____

City _____ State _____ ZIP _____

Member's Signature _____ Date _____

Phone Number _____

Please return signed form to:
 Operating Engineers Trust Funds, PO Box 7063, Pasadena, CA 91109 or fax to (626) 356-1047