Puget Sound Electrical Workers Healthcare Trust

Physical Address: 7525 SE 24th Street, Suite 200, Mercer Island, WA 98040 • Mailing Address: PO Box 34203, Seattle, WA 98124
Phone: (206) 441-4667 or (866) 314-4239 • Fax: (206) 505-9727 • Website: www.psewtrusts.com

Administered by
Welfare & Pension Administration Service, Inc.

June 13, 2025

TO: **All Active Members and Non Medicare Retirees**
Puget Sound Electrical Workers Healthcare Trust

RE: **New Benefit - Virta Diabetes & Weight Loss Management**

This is a Summary of Material Modification describing changes to your health plan adopted by the Board of Trustees. Please be sure that you and your family read it carefully and keep this document with your Summary Plan Description Booklet.

New effective June 16, 2025, the Plan will add Virta's program for weight loss and diabetes care.

Virta is a guided nutrition program that helps members lose weight and reverse diabetes.* Personalized and flexible to your lifestyle, members will learn to eat foods that are right for them. On demand support from providers and health coaches along with personalized feedback empower members to lose weight, lower their blood sugar, and transform their health.

In just 10 weeks, on average, Virta members lost 18 pounds, reduced their A1c by 1.0, and 87% were able to stop or reduce medications.[1]

A Virta member's care plan is personalized to meet their preferences, budget, and lifestyle. Every member has access to:

- An app for continuous health insights
- Digital weight scale and blood meter that syncs with their phone
- One-on-one health coach support
- Personalized plan backed by clinical research
- Medical provider to safely reduce unwanted medications

Virta's program is fully covered for eligible Plan participants of the Puget Sound Electrical Workers Healthcare Trust. This benefit is being offered to those who are 18 years or older with type 2 diabetes, prediabetes, or a BMI of 25 or greater. There are some medical conditions that would exclude members from the Virta program. Participants will start their journey by creating a Virta account, where their eligibility will be confirmed.

To get started and enroll in the program, visit www.virtahealth.com/join/psew.

Those who apply before 6/16/25 will be added to a waiting list and will be able to continue their enrollment in the Virta program beginning on 6/16/25. For questions, email support@virtahealth.com or call 844-847-8216 and leave a voicemail.

If you have any questions regarding the information included in this notice, please contact the Administration Office at (866) 314-4239.

Board of Trustees
Puget Sound Electrical Workers Healthcare Trust

* Reversal on Virta is defined by reaching an A1c below 6.5% without the use of diabetes medications beyond metformin. Diabetes and related issues can return if lifestyle changes are not maintained.

[1] McKenzie AL et al. JMIR Diabetes 2017; 2(1):e5.

Important Reminder - You must advise the Administration Office of any changes in your basic demographic data, including changes in your name, marital status, dependents, other insurance coverage available, designated beneficiary, home address, email address and telephone number. Provide information changes by completing and sending a new Enrollment Form to the Administration Office. If you have a change in dependents: divorce requires a complete filed copy of your divorce decree along with any accompanying court orders including the parenting plan. Marriage requires a copy of your marriage certificate, the parenting plan for stepchildren and their birth certificates.

Failure to update your information on file may interfere with our ability to process your benefits and provide timely communication of important Plan information.