

# Puget Sound Electrical Workers Healthcare Trust

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Administered by  
Welfare & Pension Administration Service, Inc.

July 1, 2019

**TO: All Active and Non-Medicare Plan 1 and Plan 2 Participants and Beneficiaries  
Puget Sound Electrical Workers Healthcare Trust**

**RE: Benefit Changes – Effective September 1, 2019**

*This is a summary of material modification describing benefit changes 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.*

## **Dollar Bank Maximum Increase**

Effective with contributions received on and after September 1, 2019, the maximum dollar bank accumulation will increase from 4 months **to 5 months**.

- **Plan 1** – the maximum dollar bank accumulation is increased from \$4,000 **to \$5,000**.
- **Plan 2** – the maximum dollar bank accumulation is increased from \$2,800 **to \$3,500**.

**Please note** – there are no changes to the monthly dollar bank deduction amount, only the dollar bank maximum will increase.

## **Telemedicine Service**

The Board of Trustees has added a new benefit starting **September 1, 2019**, that provides telephone or video access to a doctor through Teladoc. Teladoc provides 24/7 access to a board certified, licensed family practice doctor or pediatrician via phone or video. Teladoc is not a substitute for a primary care doctor, but can be used to diagnose and treat acute, non-emergent medical issues that may arise such as:

Cold and flu	Bronchitis
Sore throat	UTI
Rashes	Fever
Allergies	Asthma
Headaches	And much more!

Teladoc doctors can also write short term prescriptions and will send the script electronically to the pharmacy of your choice. After the visit, at your request, the doctor will send electronic chart notes to your primary care doctor.

In addition to general medical services, Teladoc also provides access to dermatologists for diagnosis and treatment of skin conditions, as well as a range of behavioral health specialists, including psychiatrists and counselors. Teladoc's behavioral health service gives you quick and confidential access to licensed providers for help with things like depression, stress, anxiety and other behavioral health issues, all without having to leave home.

Visits with Teladoc will be **covered in full** by the Trust and you do not have to satisfy your deductible. You will receive more information about this benefit from Premera prior to September 1<sup>st</sup>, including instructions on how to register with Teladoc. Telemedicine is being provided on a trial basis through December 31, 2021. Prior the end of 2021, the Board of Trustees will review the utilization of this telemedicine program and will decide whether to continue the benefit.

If you have questions regarding the dollar bank change described in this notice, contact the Administration Office at (866) 314-4239, option 4. For questions regarding your new Teladoc benefit, contact the Administration Office at (866) 314-4239, option 1.

**Board of Trustees**  
**Puget Sound Electrical Workers Healthcare Trust**

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