



California Ironworkers Field Welfare Plan
131 N El Molino Avenue Suite 330 Pasadena CA 91101
(626) 792-7337 Phone (626) 578-0450 Fax www.ironworkerbenny.com

February 1, 2019

Re: Biometric Screening Requirements for 2020 Benefit Coverage
SMM for Employees and their Dependents, and COBRA beneficiaries: Kaiser HMO Enrollees of the California Ironworkers Field Welfare Plan
Member ID: MEMBER ID

Dear Participant:

This Summary of Material Modifications (SMM) will advise you of what you need to do in order to continue to be covered under the Premier Plan with Kaiser Permanente throughout 2020, or to enroll in the Premier Plan for the first time if you are currently in the Basic Plan, as there are certain actions that you need to take by September 30, 2019. It will also inform you of changes that have been made to the Reinforcing Smart Choices Program.

This information is VERY IMPORTANT to you and your dependents. Please take the time to read it carefully and keep it with your copy of the Summary Plan Description. Capitalized terms in this SMM have the same meaning as in your Summary Plan Description.

***Your Health Assessment, Health Improvement Class or Health Education Class
Must Be Completed By September 30, 2019!***

As a part of the Reinforcing Smart Choices Program, in order for you and your Dependents to qualify for the Kaiser HMO Premier Plan you and your covered spouse* must each complete one of the following Smart Choice Requirements:

- Take an online Health Risk Assessment; or
- Take an online Health Improvement course (more information below); or
- Attend one of the following Kaiser Permanente Health Education classes:
 - For patients with a chronic illness, our Living with Chronic Illness class.
 - For pregnant members, this would include attending one of our on-site prenatal classes.
 - Another option is to attend a health education class in person, to be provided at your union local (date and time to be announced).

You and your covered spouse* must complete one of the Reinforcing Smart Choice Requirements by September 30, 2019, in order for you and your covered Dependents to remain or to be enrolled under the Kaiser HMO Premier Plan on January 1, 2020. Note that the Basic Plan requires higher copayments than the Premier Plan for some medical services and for prescription drugs, leaving you with more out-of-pocket costs.

**Whenever the term "covered spouse" appears in this notice, it includes your domestic partner who is enrolled for coverage as your Dependent under the California Ironworkers Field Welfare Plan.*

For Language Assistance:
Para obtener asistencia en Español, llame al 1-800-527-4613
如果需要中文的帮助, 请拨打这个号码 1-800-527-4613



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****IMPORTANT INFORMATION****

There is a 90-day mandatory waiting period which will begin on the 1st of the month following the date on which you and your spouse have both completed your Reinforcing Smart Choices Requirement. Your Premier Plan benefits will begin on the 1st of the month following the 90-day waiting period.

Additional Information About Completing the Smart Choice Requirements

If you take an on-line health Risk Assessment or Health Improvement course, Kaiser will report your compliance to the Trust Fund Office so that the Fund Office can enroll you (and your covered Dependents) in the Premier Plan. If instead, you choose to take a health education class in person, you must have the instructor sign the attached form, and then submit it to the Ironworkers Trust Fund office.

To take the on-line health risk assessment you must register and be signed on to Kaiser's website. If you haven't registered yet, start by going to kp.org/register. Once you have registered on kp.org, go to My Health Manager and choose "My medical record." Once you've completed the online questionnaire, you'll receive a customized action plan to help you succeed in creating a healthier lifestyle.

To take an online health improvement (Healthy Lifestyles) course, start by accessing www.kp.org/healthylifestyles and choose from one of the available online courses, such as:

- **Balance®** — This comprehensive weight management program includes helpful tools and a personalized plan to help participants coordinate three areas: mind, food, and body. ***
- **Breathe®** — This award-winning program can help participants quit smoking for good. Participants create a personalized quitting plan that includes proven strategies for decreasing dependency and cravings.***
- **Nourish®** — This program helps participants to create a custom-made nutrition plan and offers personalized strategies for making smart, satisfying food choices to improve health and well-being. ***
- **Relax®** — This program examines participants' sources and symptoms of stress to develop a customized stress management plan. ***
- **Care® for Pain** — This pain management program offers support and strategies for participants living with chronic pain to teach self-management and coping strategies to regain control of their lives.
- **Care® for Diabetes** — This program offers strategies for day-to-day management of diabetes.
- **Care® for Your Back** — This program gives participants living with chronic back pain techniques and approaches to better manage their condition.
- **Overcoming™ Depression** — This self-help intervention offers focused coping strategies, ideas to build motivation to change as well as relapse prevention strategies.
- **Overcoming™ Insomnia** — This program offers evidence based techniques to help participants sleep.

*** Available in both English and Spanish

If you have questions about the Biometric Health Screening, eligibility or enrollment in medical plan benefits, please contact the Trust Fund Office at (800) 527-4613.

Receipt of this notice does not constitute a determination of your eligibility for benefits.

In accordance with ERISA reporting requirements, this document serves as your Summary of Material Modifications to the Plan. Please keep it with your Summary Plan Description and other important plan documents. Should you have any questions, please contact the Trust Fund Office at (800) 527-4613.

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Dear Kaiser Permanente Health Educator,

**THIS FORM IS REQUIRED ONLY IF THE MEMBER OR SPOUSE TAKES A CLASS IN PERSON
INSTRUCTOR MUST SIGN FORM (See Section 2 Below)**

California Ironworkers Field Welfare Plan members are required to take steps to improve their health in order to qualify for their Wellness Incentive Program. One of their choices is to attend a Kaiser Permanente health education class. If the member presenting you with this form has taken your class, please complete Section 2 by filling in your name, the date, and location of the class.

Thank you.
Kaiser Foundation Health Plan, Phone: (800) 464-4000

Section 1: One form each must be completed by the Ironworker member and their Spouse

Dear Ironworker/Kaiser Permanente Member:

In order to qualify for the Premiere Plan under the California Ironworkers Field Welfare Plan Wellness Program, you and your spouse (if applicable) must complete one of the following:

- 1) Complete a Kaiser Permanente online Health Risk Assessment; or
- 2) Complete a Kaiser Permanente online Health Improvement course; or
- 3) Attend a Kaiser Permanente Health Education class *

*** If you have chosen to attend a health education class in person, you must also submit this completed verification form to your Trust Fund office.**

Member or Spouse Name: _____

Member or Spouse Date of Birth: _____

Member or Spouse Social Security Number: _____

Section 2: To be completed by the Kaiser Permanente Health Educator

The Kaiser Member named above has completed the following health education class:

Date of class: _____

Location of class: _____

Name of Health Educator: _____

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