

NATIONAL BENEFIT FUNDS

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

Will This Be the Year You Meet Your Health Goals?

The National Roofers Union and Employers Joint Health and Welfare Fund wants to remind you of all the resources available to you and your progress towards achieving your New Year's Resolutions. As a reminder, we've partnered with Cigna to provide you with several resources to choose from. These can include discounts on gym memberships, a dedicated coach to support you in your goal, a nurse who will walk you through your chronic condition, and so much more. Make 2012 the best year yet by doing something for you. Use the resources below to support your journey to better health and a better life.

1:1 Personal Coaching – Lifestyle Management Program

Many of us make New Year's Resolutions to quit tobacco, lose weight, or manage our stress better. Why is it then that so many of us fail each year? It's because we need help! That is why the fund has provided you with a dedicated resource and advocate to help you succeed; they are your coach and number one fan.

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 100% confidential phone calls that accommodate your schedule. Free materials will arrive at your doorstep to support you. Make a phone call today to begin living better!

Action Step: Make 2012 the year for you 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.

Pay Less for More – Healthy Rewards

What if you could save 30% per month on a 24-hour gym membership? Ever wanted to join Weight Watchers or Jenny Craig? How about receiving discounts on massages and acupuncture? These items and much more are available at deeply discounted

bargains for you. We're talking up to \$200 a year you could save on gym fees alone. Don't miss out. Call the number below to see what bargains you might be missing out on.

Action Step: Call 1-800-558-9443 to begin learning about the bargains available to you so that you can begin saving money.

Take Better Care of You by Learning – Disease Management Program

Sometimes it helps to have an advocate who is looking out for you. Diabetes, low back pain, heart problems, you name it—health care can be a complex place for someone who is trying to manage their condition. That's why we have an advocate outreach program designed to assist you 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. Make 2012 the year that you beat your condition; don't let it beat you!

Action Step: Answer the phone when you see "your health plan" on the caller ID to speak with your advocate and make an appointment with your primary care physician to learn more about steps you can take.