

All Alaska Longshore Health & Welfare Trust

The All Alaska Longshore Health & Welfare Plan has adopted temporary COVID-19 Plan Changes effective February 11, 2020. READ BELOW FOR BENEFIT UPDATES ON TIME LOSS.

UPDATES ON WEBSITE – The All Alaska Longshore Benefits website is regularly being updated with information on COVID-19. Also, you are able to obtain all forms from the documents page, and information about your contributions, eligibility, dependents and claims by logging in to IBU Benefits website. If you have never before used the websites, you may contact the Trust Office for your login credentials. Innovative Care Management’s *24/7 Nurseline (800-971-2680)* is also available for *IBU Health Plan Participants to help with medical questions.*

Interim COVID-19 Benefit for the Trust Plan

The Board of Trustees of the All Alaska Longshore Health and Welfare Trust (“Trust”) approved an interim COVID-19 Benefit, as summarized below. This enhanced coverage is effective February 11, 2020 and is scheduled until the crisis abates. You will be notified when the COVID-19 Benefit Period ends.

Time Loss

- Effective February 11, 2020, if you are unable to work due to having or being exposed to COVID-19 (sick or quarantined) and certified by a physician, you may qualify for time loss benefits subject to terms and conditions set forth in the Summary Plan Description. To be eligible for the Time Loss benefit, you must meet the conditions shown below:
 - Meet the eligibility requirements for Time Loss as outlined in the Summary Plan Description;
 - You are involuntarily and necessarily home confined by order of the Board of Health, the U.S. Secretary of Health and Human Services, the CDC, an official health authority, or a Doctor;
 - You must provide proof of quarantine order;
 - You must not be Disabled; and
 - You must remain under quarantine during the waiting period required and continue to remain under quarantine after the waiting period.

The benefit is \$415.53 per week. The maximum period of payment is 52 weeks. Successive periods of confinement due to quarantine will be treated as one period of confinement unless the period of confinement is separated by more than 8 consecutive weeks.

COVID-19 Symptoms & Nurseline

The COVID-19 virus is not fully understood at this time. The Centers for Disease Control and Prevention (CDC) states that coronavirus symptoms may appear in as few as two days, or as long as 14 after exposure. Symptoms can vary by person, usually starting with a fever, followed by a dry

cough. Some individuals may have some or none of the symptoms. In some cases, the symptoms may progress to severe acute respiratory infections.

Trust members who may have been exposed to COVID-19 or who have symptoms, such as coughing or a fever, are encouraged to contact their healthcare provider. But, before going into a doctor's office or emergency room, call ahead and tell the facility about the symptoms and any recent travel. Innovative Care Management's *24/7 Nurseline (800-971-2680) is also available to help IBU Health Plan Participants to help with medical questions.*

Prevention

The CDC guidelines have indicated the same behaviors that will help prevent the spread of cold and flu will also help prevent COVID-19. These behaviors include:

- Avoid close contact with sick people.
- Stay home when you are sick. Respect others by minimizing exposure.
- Cover your mouth and nose when coughing or sneezing.
- Clean your hands. Wash with soap and water frequently or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Get plenty of sleep, eat nutritious food, drink plenty of fluids and get regular exercise.

Questions?

If you have questions about this new benefit, please go to www.alaskalongshorebenefits.org for complete information about Plan benefits, your contributions, eligibility, dependents and claims. Updates on the response to COVID-19 will be made onto the announcement section of the website.