

QUICK-REFERENCE GUIDE

TO FIND OUT ABOUT	CONTACT	PHONE/WEBSITE
Eligibility, Self-Pay, Pension, and Defined Contribution or 401(k) Benefit Applications	3109 N. 24th St. Suite 105 Phoenix, AZ 85016	602-956-1950 Fax: 602-956-3016 azpipe.org
Claims Administration, the Locations of Network Providers, Pharmacy Network Services, Precertification or Utilization Management	Cigna	800-CIGNA244 (800-244-6224) mycigna.com
UA Local 469 Activate Health and Wellness Centers	Glendale Center Union Hall Center Gilbert Center	623-323-2262 602-830-3900 623-273-2400 members.eversidehealth.com
Employee Assistance Program (EAP), Behavioral Health Services	Lyra Health	877-969-2917 ualocal469mentalhealth.com
Telehealth Connection Services	MDLIVE	888-726-3171 MDLIVEforCigna.com
Dental Plans	Delta Dental	602-938-3131 or 800-352-6132 deltadentalaz.com
Arizona Pipe Trades Defined Contribution Pension Trust Fund	John Hancock	833-38-UNION (833-388-6466) myplan.johnhancock.com
Health and Welfare Trustees	Pension Trustees	
Matt DeWitt Darrell Fox Nick Ganem Carl Winter	Tony Gauthier Aaron Butler Dean Van Kirk Arthur L. (Larry) Savage, Jr.	Chip Martin Matt DeWitt Nick Ganem Rob Fleskes Aaron Butler Mark Gallego Rick Hudson Dean Van Kirk

For more information and tips on how to best use your health benefits, scan the QR code to the left, or visit ourbenefitsoffice.com/Azpipe/Benefits/Home.aspx.

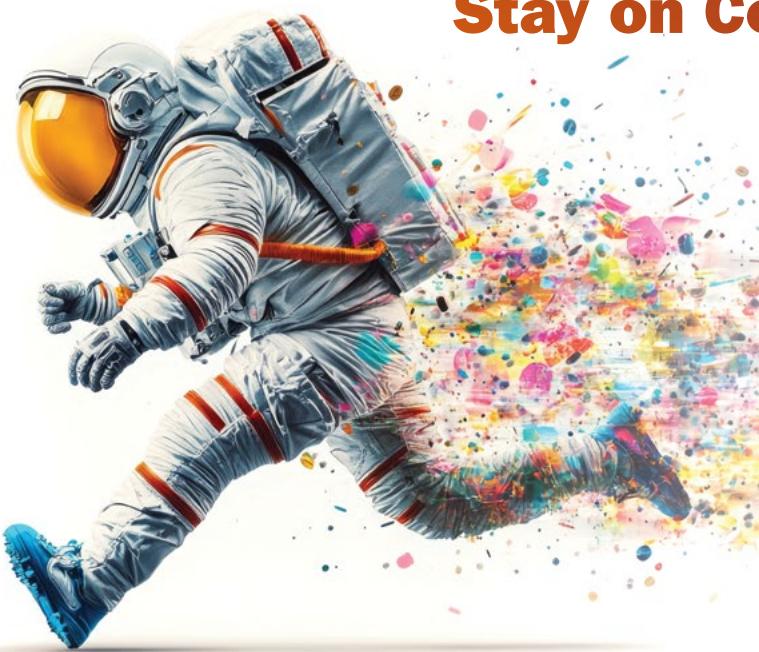


Arizona Pipe Trades Trust Funds
BeneSys, Inc.

3109 N. 24th Street, Suite 105
Phoenix, AZ 85016

Heard It Thru the Pipeline

Stay on Course With Your Health



We know that life can get hectic, and it's easy to miss appointments. However, keeping your scheduled visits with Marathon Health is essential for your well-being and helps us all serve UA Local 469 members and your families better. In previous months, we noticed more people missing their appointments, which not only affects your care but also impacts others who need those time slots.

If you need to reschedule, please call us as soon as possible. We're here to support you and ensure you receive the care you deserve. Thank you for understanding and helping us provide the best service possible!

Care for Every Moment

Mental Health Awareness Month is the perfect opportunity to take some time and focus on your mental and emotional well-being. But once May is over, that doesn't mean your mental health should be pushed to the back burner. Life's challenges don't just go away, and issues both big and small can grow harder to navigate without the proper support.

Your mental health benefit through Lyra offers on-demand resources and tools to help you navigate life's ups and downs, including:

- Workplace changes and conflicts
- Financial worries
- Relationship troubles
- Dealing with grief and loss
- Coping with illness or a recent diagnosis
- Parental challenges
- And more!

Through Lyra, you and your family have up to 12 free coaching or therapy sessions per calendar year to discuss anything that's on your mind. You also have access to additional self-guided resources including live events, meditations, courses, articles, and more.

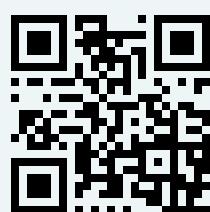


To connect with Lyra, call **877-969-2917** to speak with the Care Navigator Team, visit ualocal469.lyrahealth.com/may or scan the QR code. If you haven't created your account yet, you can do so by visiting ualocal469mentalhealth.com.

Spring Into Good Well-Being

Springtime is known for various things—warmer weather, longer days, blooming flowers, and even rain showers. For many, it is a time of rejuvenation and growth, when you can reflect on the past and start anew. When it comes to your health, now is the perfect opportunity to shake old habits and prioritize your overall well-being by visiting one of our wellness clinics.

For immediate care needs, same-day and next-day appointments are generally available, and you pay nothing to receive the comprehensive care you deserve. Stay motivated with your health this spring and set up an appointment to check-in on your well-being by visiting clients.marathon.health/UALocal469 or scan the QR code to get started.



The Marathon Health wellness clinics provide high-quality, personalized care for a range of health care services, including:

- Annual physicals
- Chronic condition management
- Lab work
- Sick and urgent care
- And more!

When scheduling an appointment, make sure to choose from one of our clinic locations nearest you:

Glendale
18301 N. 79th Avenue
Suite C-136
Glendale
623-323-2262

Hours
Monday
Closed
Tuesday, Wednesday
9 a.m.–7 p.m.
Thursday, Friday
6 a.m.–4 p.m.

Gilbert
3717 S. Rome Street
Suite 109
Gilbert
623-273-2400

Hours
Monday, Wednesday
7 a.m.–4 p.m.
Tuesday, Thursday
9 a.m.–6 p.m.
Friday
8 a.m.–12 p.m.

Union Hall
3109 N. 24th Street
Suite 101
Phoenix
602-830-3900

Hours
Monday, Tuesday
9 a.m.–7 p.m.
Wednesday,
Thursday
6 a.m.–4 p.m.
Friday
Closed

Don't Forget Your Preventive Care!

When visiting one of our Marathon Health clinics, don't forget to get your preventive care. Preventive health measures can start at home with healthier eating habits, increased daily exercise, and better sleeping habits. It also means scheduling a wellness visit to get your annual check-up, necessary screenings, and vaccinations to help prevent or detect any emerging health concerns.



Don't miss out on staying on top of your health. Schedule your wellness visit today!