

# QUICK-REFERENCE GUIDE

TO FIND OUT ABOUT	CONTACT	PHONE AND WEBSITE
Eligibility, Self-Pay, Pension, and Defined Contribution or 401(k) Benefit Applications	Suite 105 3109 N. 24th St. Phoenix, AZ 85016 azpipe.org	602-956-1950 Fax: 602-956-3016
Claims Administration, the Locations of Network Providers, Pharmacy Network Services, Precertification or Utilization Management	Cigna	800-CIGNA24 (800-244-6224) mycigna.com
UA Local 469 Marathon Health	Glendale Center Union Hall Center Gilbert Center	623-323-2262 602-830-3900 623-273-2400
Employee Assistance Program (EAP), Behavioral Health Services	clients.marathon.health/UALocal469  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

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For more information and tips on how to best use your health benefits, scan the QR code to the left, or visit [ourbenefitoffice.com/Azpipe/Home.aspx](http://ourbenefitoffice.com/Azpipe/Home.aspx).



Arizona Pipe Trades Trust Funds  
BeneSys, Inc.  
3109 N. 24th Street, Suite 105  
Phoenix, AZ 85016

## Heard It Thru the Pipeline

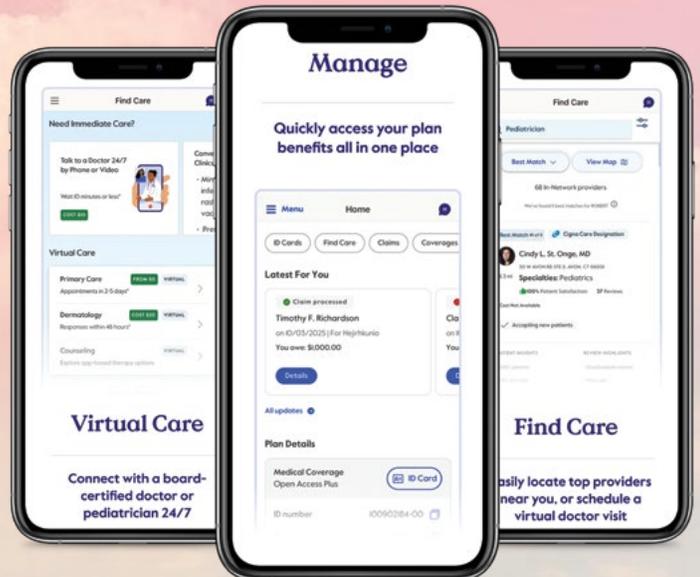
## Cigna App Spotlight

An added benefit to your Cigna Open Access Plus (OAP) plan is access to the complimentary app. For additional resources available on your smartphone, the myCigna app is designed to make managing your health benefits simple and convenient through a secure platform. Members who download the myCigna app can use the following features:

- Download digital ID cards
- Review coverage and claims details
- Find in-network providers
- Manage prescriptions and refills
- Receive 24/7 virtual care
- Contact customer service
- And more!



To take advantage of these helpful tools and streamline your health care experience, download the myCigna app via the [App Store](#) or [Google Play](#), or scan the QR code to get started.



# Tips for a Brighter Season

As the days grow shorter and the temperatures drop, many of us may experience a dip in mood or change in behavior commonly known as the “winter blues.” While it’s normal to feel less energetic during the cooler months, there are several effective ways to keep your spirits up and maintain your well-being while waiting for brighter days ahead. Here are a few tips to follow this winter season:

- **Stay active.** Regular exercise can boost your mood by releasing endorphins. While you can resort to at-home workouts to remain active, maximizing the daylight by walking or hiking can increase your exposure to natural light and improve vitamin D production.
- **Connect with others.** Socializing with friends or family, whether in person or virtually, can counter feelings of isolation and lift your spirits.
- **Embrace the light.** If you’re indoors most of the day, consider using light therapy lamps to mimic the effects of sunlight and help regulate your internal clock.
- **Have a routine.** Try to keep a consistent sleep and meal schedule to help regulate your days and support emotional balance.
- **Practice self-care.** Taking time for yourself can make a big difference. Pick up a new hobby, read a good book, or treat yourself to a relaxing bath if you’re starting to feel down and out.



If you find that the winter blues are increasingly affecting your daily life, don’t hesitate to reach out to a health care professional for support. Your benefits coverage includes an Employee Assistance Program (EAP) through Lyra Health, so whether you need one-on-one counseling or want to check in on your wellness, resources are available to you. Visit [ualocal469.lyrahealth.com](http://ualocal469.lyrahealth.com) for more details.

## Care Without the Commute

In today’s fast-paced world, every minute is crucial. Getting virtual care has become a vital way to stay on top of your health without dealing with the barriers of travel or time constraints. With our two health care vendors, Lyra Health and Marathon Health, you can receive comprehensive virtual care services designed to support your mental and physical well-being whenever and wherever.

### Lyra Health

For mental health concerns, Lyra Health can connect you to licensed therapists, counselors, and coaches through secure video sessions for confidential support and resources. Whether you need help managing stress, coping with life changes, or addressing ongoing challenges, Lyra Health’s virtual platform makes it easy to schedule appointments and access personalized care plans tailored to your unique needs. Lyra’s services are flexible, designed to fit seamlessly into your routine, and include:

- 12 free one-on-one coaching or therapy sessions (per person, per year)
- On-demand wellness resources, such as meditations, courses, and articles
- 24/7 access to a Care Navigator
- Consultations for medication management
- Work-life services
- And more!



All members and their eligible dependents can access Lyra Health resources. To learn more, log in or sign up for your member account at [ualocal469.lyrahealth.com](http://ualocal469.lyrahealth.com), or call **877-969-2917**. For a more streamlined experience, you may also download the Lyra Health app via the **App Store** or **Google Play**.

### Marathon Health

For access to a wide range of virtual primary care services, including preventive care, chronic condition management, and wellness coaching, Marathon Health has resources for you. Through Marathon Health’s online platform or mobile app, you can:

- Schedule a virtual appointment
- Communicate securely with your care team via messaging
- Manage prescriptions and request refills
- Review medical records
- And more!



Virtually accessing Marathon Health not only saves you time but also ensures that you stay on top of your health goals, no matter where you are. For convenient and high-quality care at home or on the go, visit **clients.marathon.health/UALocal469**, or scan the QR code to get started. For a more streamlined experience, you may also download the Marathon Health app via the **App Store** or **Google Play**.