

QUICK-REFERENCE GUIDE

TO FIND OUT ABOUT	CONTACT	PHONE/WEBSITE
Eligibility, Self-Pay, Pension, and Defined Contribution or 401(k) Benefit Applications	Suite 105 3109 N. 24th Street 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-CIGNA24 (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	Employers Dental Services, Inc. (EDS) Delta Dental	Tucson: 520-696-4343 Phoenix: 800-722-9772 employersdental.com 602-938-3131 or 800-352-6132 deltadentalaz.com
Arizona Pipe Trades Defined Contribution Pension Trust Fund	John Hancock	8333-38-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



Boost Your Health This Fall

Prepare for the changing season; don't leave your health needs out in the cold. From back-to-school checkups and flu shots to mental health support and more, your health needs are covered this fall.

Keep Health Top of Mind With a Steady Marathon Pace

The fall season is a busy time for health needs. Your wellness clinic provider, Everside Health, has you covered.

This back-to-school season, check the box on your kids' school physicals, wellness checkups, vaccinations, and screenings. Plus, with flu season looming, it's easier than ever to get vaccinated at our center and stay one step ahead.

Your schedule and to-do list might ramp up. So, we have resources and support to help you catch a break and take a breather when you need it. Explore our counseling sessions, stress management workshops, and mindfulness techniques.

Taking care of yourself will keep you going for the long haul. Everside Health is your hub for a healthy lifestyle. We have services, like chronic disease management and nutritional counseling, to help you feel better. So, let's team up this fall and create a healthier you!



GLENDALE

Suite C-136
18301 N. 79th Avenue
Glendale, AZ 85308
623-323-2262

Hours

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

GILBERT

Suite 109
3717 S. Rome Street
Gilbert, AZ 85297
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

Suite 101
3109 N. 24th Street
Phoenix, AZ 85016
602-830-3900

Hours

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



Schedule an appointment with Everside Health. Visit our website at eversidehealth.com/ualocal469, scan the QR code, or contact our office directly.

RETIREMENT READY STARTS TODAY

Check out the perks of your retirement plan!

Join John Hancock's year-round webinars. Dive into topics like debt versus retirement saving and the best time to start Social Security.

Don't miss the upcoming webinar, *Navigating Medicare*, on Wednesday, November 6.

Scan the QR code to:

- ▶ Register for the webinar
- ▶ Watch an on-demand session
- ▶ View the calendar of events



Men's Mental Health Support Through Lyra

This November, Lyra Health is focusing on support for men's mental health. Lyra Health provides strong support in their various services, like therapy, medication, or recovery programs. Whatever you're dealing with, Lyra makes it easy to access experts who understand your needs.

Take steps to care for your mental health with Lyra's professional services. They can help if:

- ▶ You need help with recovery from addiction and substance use (such as addiction to alcohol or nicotine, prescription drug misuse, or marijuana or amphetamines misuse).
- ▶ You are struggling with thoughts of suicide, self-harm, or depression.
- ▶ You experience mental health issues, such as bipolar disorder, schizophrenia, eating disorders, or substance use, and require long-term treatment options, like outpatient programs and rehab facilities.



Lyra's services are also available for your dependents. Connect with Lyra by phone at **877-969-2917** or on the web at ualocal469mentalhealth.com, or scan the QR code.



Your mental health and that of your entire family—kids, teens, spouse or partner, parents, and grandparents—are all deeply interconnected. That's why we're thrilled to announce that Lyra, your mental health benefit, has further expanded its well-being and mental health support for families! You and your family have access to **12 free coaching or therapy sessions** per calendar year. **Discover more tips and resources for family well-being**, and if you haven't created your Lyra account yet, you can do so at ualocal469mentalhealth.com, or scan the QR code.