

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 clients.marathon.health/UALocal469	623-323-2262 602-830-3900 623-273-2400
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 Matt DeWitt Darrell Fox Nick Ganem Neb Milesic Pension Trustees Chip Martin Matt DeWitt Nick Ganem Rob Fleskes Justin Langdon Mark Gallego Rick Hudson Dean Van Kirk Arthur L. (Larry) Savage, Jr.		



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.



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

Heard It Thru the Pipeline

SCHEDULE BACK-TO-SCHOOL PHYSICALS EARLY

Back-to-school season will be here before you know it, so now is the perfect time to check off physicals, screenings, and any required immunizations before the fall rush.

Your Marathon Health wellness clinics make it easy and convenient to get care for the whole family. These clinics are designed to help you stay healthy and up to date on all your wellness needs year-round.

With Marathon Health, you have access to:

- Primary and urgent care, with same- or next-day visits available, and virtual appointments
- More time with your provider at little to no cost
- 24/7 care management support online or through the app

Getting ahead now means fewer last-minute appointments and one less thing to worry about before life gets too busy.

HOT TIP! Choose the wellness clinic location that is closest to you, so you don't have to travel far for your care:

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.–noon.

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

Book your visit today: Visit clients.marathon.health/UALocal469 or download the Marathon Health app to schedule your appointment.

Check In on Yourself With Lyra



Summer schedules can get hectic and even become overwhelming at times. Whether you’re managing stress, navigating life changes, or just not feeling like yourself, taking a moment to check in can make a difference.

Instead of waiting or trying to figure it out on your own, start with Lyra Health, your behavioral health benefit. With Lyra Health, you get:

- Fast access to therapy, counseling, and coaching
- Up to 12 no-cost sessions per person, per year
- Flexible care options, including virtual visits and messaging
- Tools and resources for stress, sleep, and everyday challenges

Take this as an opportunity to refocus on yourself.

Visit ualocal469.lyrahealth.com or call **877-969-2917** to get started.

Lyra makes it easy to get matched with the right provider and to schedule care, often sooner than traditional options!

Sun’s Out, Guard Up



There’s nothing quite like summer. But between the heat, the activity, and the fun, your body is working harder than you might think. A little extra care goes a long way toward keeping you feeling your best all season long. Here are some tips to follow to ensure that you:

- **Move smart, not just often.** Before you dive into a hike, a pickup game, or a day of yard work, give your body a moment to warm up. The right shoes, the right gear, and a few planned breaks aren’t just good habits, they’re what keep a great day from turning into a sore one.
- **Eat for the season.** Heavy meals and high temps don’t mix well. Lean into the season’s best: fresh fruits, vegetables, and lighter fare that give you steady energy without weighing you down. Smart snacking throughout the day prevents you from hitting a wall and interrupting your day plans.
- **Remember that hydration is your best friend.** Don’t wait until you’re thirsty. By then, your hydration levels are already behind. Keep a water bottle close, sip throughout the day, and give sugary drinks and alcohol a back seat when you’re spending time in the heat. Your future self will thank you.
- **Know your body’s warning signs.** Heat exhaustion sneaks up on people. If you’re feeling dizzy, unusually tired, or just off, find some shade, cool down, and take it seriously. Catching it early makes all the difference.

Summer is meant to be enjoyed, and with a little awareness, there’s no reason you can’t soak up every bit of it.