

## 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 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
<b>Health and Welfare Trustees</b>	<b>Pension Trustees</b>	
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](http://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

## A Chill in the Air, Not in Your Health Journey

As this winter season approaches, it's crucial to focus on maintaining your well-being. Despite the chill in the air, your health journey should remain warm and uninterrupted. With the support of Marathon Health and our comprehensive wellness centers, we're here to ensure that you stay on track.

# Marathon Health: Your New Health Partner

We understand that change can sometimes feel unexpected, but rest assured, we're here to support you every step of the way. As of November 1, Everside Health is now known as Marathon Health.

While our name is changing, our dedication to providing you with personalized and convenient care remains the same. You'll continue to have access to the family health clinics you trust, and we are excited to introduce you to the improved 24/7 digital patient portal from Marathon Health.

We acknowledge that there have been some technical issues with the portal, and we are committed to making your experience better. Through the portal, you can:

- Make appointments
- View health records and lab results
- Message your care team
- Request refills

Marathon Health is here to support you on your health journey, ensuring that it remains smooth and uninterrupted. We're excited to be part of your path to well-being!

## CLINIC LOCATIONS

### 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

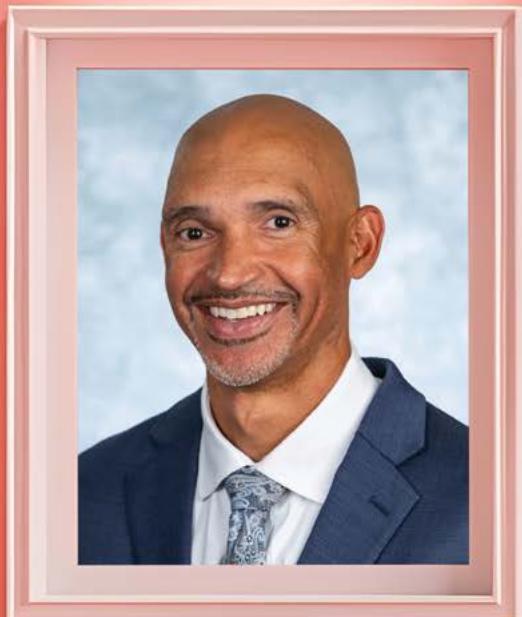
Suite 101  
3109 N. 24th Street  
Phoenix, AZ 85016  
602-830-3900

### Hours

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



Our clinics will continue to provide the high-quality, personalized care you've come to expect. Setting up an appointment is simple, and walk-ins are always welcome. To schedule an appointment, you can visit our website at [clients.marathon.health/UALocal469](http://clients.marathon.health/UALocal469), scan the QR code, or contact our office directly.



# Welcome

**Dr. Maurice Lee is excited to join the U.A. Local 469** to help us and our families live healthier! Dr. Lee is a family physician, born and raised in Arizona. He has received numerous local and national awards for his work in health equity.

Here are a few fast facts about Dr. Lee:

- ▶ Dedicated his career to helping uninsured and marginalized persons
- ▶ Served two years in the Peace Corps
- ▶ Founded Arizona Safety Net, a collection of 40-plus Phoenix area free and low-cost clinics

When not seeing patients, Dr. Lee finds time to work out and spend time with his wife and their two children. He especially enjoys playing with his kids until his back hurts.

*Warm welcome to Dr. Lee!*

## Understanding and Overcoming the Winter Blues

With shorter and colder days, many people could start to feel down or get seasonal affective disorder (SAD), which can lead to feelings of sadness and tiredness. The stress from the holidays can make these feelings worse, and some might use substances, like alcohol or drug use, to cope.

Recognizing the signs of SAD and holiday stress—like always feeling sad, getting irritated easily, losing interest in things you like, and changes in sleep and eating habits—is important. Try healthy ways to cope, like exercising, keeping a routine, staying in touch with friends and family, and getting professional help if needed.

Find more tips and resources for your and your family's well-being with Lyra Health. Connect by phone at **877-969-2917**, visit the website at [ualocal469mentalhealth.com](http://ualocal469mentalhealth.com), or scan the QR code.

