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	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 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**

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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/Benefits/Home.aspx**.

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

Heard It Thru the Pipeline

DON'T LET ACHES AND PAINS SLOW YOU DOWN

Years of physically demanding work can take a toll on your joints, muscles, and back. While occasional soreness is common, ongoing discomfort shouldn't be ignored. If you're experiencing pain, stiffness, or have suffered a recent injury, your benefits include resources that can help you decide on the best care and treatment decisions you should make next:

- **Cigna Nurse Line:** The 24-Hour Health Information Nurse Line through Cigna connects you with registered nurses who can answer questions, discuss symptoms, recommend treatment options, and help you determine whether self-care, urgent care, or a provider visit may be appropriate. The Nurse Line is available 24/7 for both you and your covered family members.
- **Marathon Health:** For ongoing concerns, your Marathon Health wellness clinics offer convenient access to primary care services, preventive care, and virtual appointments. Getting care early can help prevent small issues from becoming bigger problems down the road.

Ready to find care? Call the Nurse Line at **800-CIGNA24 (800-244-6224)**, or schedule an appointment through Marathon Health by visiting **clients.marathon.health/UALocal469**.

Supporting the Family Starts With You



Whether you're helping a child work through intense emotions, supporting a spouse through a stressful season, or caring for an aging family member, family life can be rewarding and demanding at the same time. When you're focused on everyone else's needs, it's easy to overlook your own. Over time, however, caregiver stress, communication challenges, and emotional fatigue can affect your mental well-being and your relationships. *That's where Lyra Health can help.*

Your Lyra Health benefit provides confidential support for everyday challenges, as well as more complex concerns. Through therapy, coaching, and self-guided resources, Lyra can help you strengthen family communication, navigate conflict, set healthy boundaries, and build stronger relationships at home.

Best of all, eligible dependents can use the benefit too! Each covered family member can receive support tailored to their own needs, whether they're dealing with school stress, relationship challenges, anxiety, or major life changes.

With Lyra, you have access to:

- Up to 12 no-cost coaching or therapy sessions per person each year
- Fast access to providers, often sooner than with traditional options
- Virtual and in-person care options
- On-demand articles, courses, meditations, live sessions, and additional tools focused on relationships, communication, stress management, and emotional well-being



Strong families aren't built by handling everything alone. Sometimes the strongest step is asking for support. Get started today.
Visit **ualocal469.lyrahealth.com** or call **877-969-2917** to get started.

Are You Missing Out?

Here are a few resources worth revisiting:

- **Marathon Health.** Get convenient access to preventive care, primary care, urgent care, chronic condition management, and more at a wellness clinic location close to home. Many services are available via same- or next-day appointments with little to no out-of-pocket costs, helping you get care when you need it without disrupting your schedule.
- **Virtual Care Options.** Busy schedule? Virtual appointments can help you get care from wherever you are. Through your benefits, you have access to several convenient care options, including virtual appointments through Marathon Health and behavioral health support through Lyra Health, allowing you to connect with providers from home or on the go.
- **Preventive Care Services.** Annual wellness exams and recommended screenings can help detect health concerns early, before they become more serious. Staying current with preventive care is one of the easiest ways to protect your long-term health and avoid more costly care later.
- **Lyra Health.** Access mental health support, relationship resources, coaching, therapy, digital wellness tools, and more to help you manage everyday challenges before they become overwhelming. This benefit is also available to your covered dependents.
- **24-Hour Nurse Line.** Speak with a registered nurse any time you have questions about symptoms, treatment options, medications, or care decisions.



The bottom line: If you haven't reviewed your benefits lately, now is a great time to take another look. You may discover resources that can help you save time, lower costs, and stay healthier throughout the year.

Learn more about your available benefits at **qrco.de/469-benefits**.