



CEMENT MASONS **BENEFITS BULLETIN**

Fall 2022

Prepare for flu season

Influenza, also known as the flu, is a contagious illness that infects the lungs, throat, nose and other parts of the body. It is a potentially serious, even deadly sickness that affects millions of people each year.

Some doctors predict this flu season will be especially severe, based on a high number of illnesses during the recently concluded flu season in the Southern Hemisphere. Also, since more people are comfortable traveling now, there are increased opportunities for exposure to the flu among those whose immune systems have had little contact with the virus in the past two years.

According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is to be vaccinated each year. The CDC recommends an annual flu vaccine for everyone six months of age and older as the first and most important step in protecting against this disease.

The flu vaccine won't prevent COVID-19 infection, but it can help keep your body strong to better battle illnesses. The best way to fight off infection is to be healthy from the start.

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Benefits Bulletin is the quarterly publication of the Cement Masons and Plasterers Health and Welfare and Pension Fund. Each issue will inform Fund participants about new developments and help them make the best use of their medical benefits.

For more information:

Call BeneSys at **(702) 415-2190**

Ask for the Cement Masons and Plasterers Customer Service Department.

This newsletter describes particular benefits and does not include all governing provisions, limitations and exclusions. Refer to the Summary Plan Description for governing information. The information in these articles is for general use only and should not be taken as medical advice. In an emergency, you are advised to call 9-1-1.



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Early detection is key to protecting your health

Many health problems can be controlled or even eliminated when they are detected early through regular physical exams and diagnostic screenings.

The benefits of a simple checkup could go beyond saving you from the potential pain, disability and discomfort of an illness. It could save your life!

Early detection of health issues can save you money by preventing unnecessary costs associated with health care, including co-payments and lost wages. Your health and welfare fund also saves money that can be used to maintain the quality of benefits you and your dependents currently enjoy.

Heart disease and diabetes are among the health problems that can be mitigated or prevented when you and your doctor are alerted early through physical exams and screenings, including tests to determine your blood pressure and blood sugar levels.

Many common cancers, including breast, colon, prostate and cervical cancer, also can also be detected and

cured if caught in the early stages through physical exams and other diagnostic tests.

With a diagnostic screening, you can determine whether your body mass index (BMI) is in the normal range or whether you're considered to be underweight, overweight or obese. You can also learn whether your cholesterol and other blood lipids are within normal limits or are too high.

Act now

If you delayed or stopped any of your regular medical visits during the pandemic, now is the time to resume those activities. As long as you follow the safety protocols for reducing the spread of COVID-19 during your appointments, the risk of infection is outweighed by the need to address any potentially urgent or chronic medical issues you may have.

Tests for many of the most common conditions can be arranged during your annual physical appointment. Ask your doctor about which preventive tests could be beneficial for you.

Consult your health plan documents to determine which tests are covered by your benefits — many types of preventive tests are covered in full.

Take action today to protect your health!



Prepare for flu season

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Vaccine info

Contact your primary care doctor to schedule an appointment for your flu vaccine. You may also consider getting the most recent COVID-19 booster shot at the same time.

The beginning of the fall season is recognized as the best time to receive your flu shot, but keep in mind that vaccination at any time during flu season can help protect against contracting the disease and

lessening its effects.

You can also keep yourself and your family members healthy with routine vaccines that prevent illnesses like pneumonia and shingles. Routine vaccines can help you and your family maintain better overall health.

Because of age or health conditions, some people should not get certain vaccines or should wait before getting them. Talk to your doctor to see if it is right for you and/or your family.

BENEFIT REMINDERS

Mental health resources

Your mental health is a big part of your overall wellness.

According to the Centers for Disease Control and Prevention (CDC), anxiety disorders are the most common mental health issue in the United States.

The problem has gotten much worse during the COVID pandemic, when social isolation and illness and death have affected millions of households.

One CDC report found between August 2020 and February 2021, the percentage of adults with recent symptoms of an anxiety or a depressive disorder increased from 36.4 percent to 41.5 percent.

If left untreated, anxiety disorders can lead to self-harm and other health issues.

To schedule confidential and professional counseling, you can contact the Member Assistance Program (MAP) at (800) 280-3782, 24 hours a day, 7 days a week.

If you or someone you know is having thoughts of suicide, call or text 988 to reach the National Suicide Prevention Lifeline or go to [SpeakingOfSuicide.com/resources](https://www.speakingofsuicide.com/resources) for a list of additional resources.

naviHealth: Your free guide

As part of your plan, you and your family have access to Transition Care Services provided by naviHealth.

For qualified hospital admissions and outpatient surgical procedures, naviHealth services are free of charge for all covered members and their dependents of the Cement Masons & Plasterers Health Welfare Trust.

naviHealth services include assistance with appointments and referrals, pharmacy claim troubleshooting, support with home health care and durable medical equipment and more.

For more information, call naviHealth at (702) 534-5537.