

U.A. Local No. 393 Benefit Funds

HEALTH & WELFARE, SUB, DEFINED BENEFIT PENSION AND DEFINED CONTRIBUTION

6293 San Ignacio Ave ■ San Jose, CA 95119 ■ P.O. Box 2460 ■ San Jose, CA 95109-2460
(408) 588-3751 ■ (408) 436-8210 fax ■ Staff@ualocal393benefits.org ■ www.ualocal393benefits.org

TO: Retirees Enrolled in Dental
FROM: Board of Trustees, U.A. Local No. 393 Health and Welfare Plan
RE: Increase to Your Health & Welfare Monthly Cost
DATE: October 2026

Due to increasing plan costs, the dental rate will increase effective **January 1, 2027** as follows.

<u>Coverage</u>	<u>Current Rate</u>	<u>New Rate</u>
Dental (not subject to subsidy)	\$170	\$180

Medical rates are not increasing at this time.

Due Dates

As a reminder, your self-payments are due by the 15th of the month preceding that month's coverage (i.e., your payment for January coverage is due December 15th).

Rolling Open Enrollment Reminder

You can change your medical plan choice from Kaiser Senior Advantage to the Medicare Supplemental Plan, or vis-versa, once in a 12-month period. You must live in the Kaiser service area to enroll in Kaiser Senior Advantage. Call the Eligibility Department if you'd like to switch plans.

Wellness Tips

- Kaiser Coaching - Get one-on-one guidance and support from a dedicated **wellness coach** who can help you set goals, stick to them, and, most importantly, see results. And you can do it all from the comfort of home. Call **1-866-251-4514** to make an appointment. Wellness Coaching by Phone is available at no cost to Kaiser Permanente members — and no referral is required.
(healthy.kaiserpermanente.org/northern-california/health-wellness/wellness-coaching)

If you have any questions regarding this notice, please contact the Eligibility Department at (408) 588-3751.