

HEALTH & WELFARE FUND

AMERICAN FEDERATION OF STATE, COUNTY AND MUNICIPAL EMPLOYEES - AFL-CIO
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March 28, 2011

**Re: Important Update to Your Health Plan
 Required Steps that will Affect your Medical Rates for 2012**

City Trustee
 Stephen Agostini

Dear Health & Welfare Fund Participant:

Administrator
 Robert McAllister

It is clear that to keep the rising costs of health care in check, we need to do more to help you manage your health.

**Health & Safety
 Director**
 Kathy Black

Your Participation Is Required

We are excited to announce that the Fund has entered into a unique partnership with Independence Blue Cross to launch a comprehensive, data driven wellness initiative. This program will not only assist you in identifying your own personal health issues but will educate each of you individually on how to address those issues. We anticipate that this program - for which we need your active participation - will dramatically improve all of our members' health AND help to keep the cost to the Fund more controlled. There will be *no change to your benefits and no co-pay for this preventative visit.* (See attached information sheet to take to your doctor visit - ATTACHMENT "A".)

While we do not know what our medical rates for 2012 and beyond will be, you will be required to take the simple steps outlined below in order to receive a payroll/pension deduction rate which will be less than if you fail to take these steps.

Steps You Must Take Now to Control Costs

1. **Visit your primary care physician between April 1 and September 30, 2011.**
 Your visit must include a blood pressure check, weight and height measurement, and complete blood work with cholesterol and blood sugar screenings.
2. **Know Your Numbers.**
 You must ask your doctor to outline the results of your blood work over the phone or provide you with a printed or electronic copy. Use the enclosed Healthy LifestylesSM Personal Screening Record card to write down the results so you have the numbers needed to complete step 3.

3. **Complete your confidential Personal Health Profile (PHP) online.**
Visit the secure IBC member website www.ibxpress.com, and log in or register to access your account. Click on the *Personal Health Profile* link in the *My Health* box. Enter your blood pressure, weight, height, cholesterol (HDL/LDL), and blood sugar (glucose). *Note:* If you have received these tests at any time in the past three months, you can report your most current results. You will also answer a series of questions about your health. It should take about 15 minutes to complete your PHP. If you completed the PHP in 2010, it must be updated with your current health care information in order to qualify for this program.

It is Important to “Know Your Numbers”

Taking these first steps will put you on a path to better health because, when you **“Know Your Numbers,”** you are in control and can make informed decisions. After you complete your PHP, you will receive a score that will give you a clearer picture of your overall health, including your risk factors for chronic conditions such as diabetes—a disease that currently affects 10 percent of our membership. **WE WANT TO EMPHASIZE THAT YOUR PERSONAL HEALTH INFORMATION IS CONFIDENTIAL..**


For the past few months we have been sharing this message with you at worksite meetings, and we appreciate your willingness to listen, to ask questions, and to offer your thoughts about an issue that affects all of us—the rising costs of health care. We simply cannot afford to ignore this issue, and it has become clear that we need to do more to manage the Fund’s resources responsibly while also empowering you to make your health a top priority.

We encourage you to talk to your doctor about how to prevent the onset of chronic conditions and to learn more about how to manage these conditions successfully, if you have already been diagnosed. We are committed to working with you to reach your personal health goals while helping you to save on health care costs.


As part of our ongoing program to provide health information to you, each month from May through September you will receive information about a condition. We urge you to read all correspondence from the Fund as it will help you be better informed about your personal health goals.

For more information about the District Council 47 Wellness program with IBC or answers to questions about the steps you need to take, please contact Bob McAllister, Fund Administrator, at 215-893-3771 or one of the trustees listed below.

Yours in good health,



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Office #215-893-3715



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