

TO: All Eligible Full-Time Participants and Their Eligible Dependents  
and Eligible Part-Time Participants:

## **IMPORTANT INFORMATION REGARDING YOUR HEALTH CARE BENEFITS**

Please read and review all information enclosed in this packet regarding benefit programs provided by the United Food and Commercial Workers Local #789 and St. Paul Food Employers Health Care Plan (*the Plan*), through BlueCross BlueShield of Minnesota, being implemented June 1, 2008 and July 1, 2008.

### **WHAT DO YOU NEED TO DO?**

- ✓ Please discard your old identification card and replace it with your new **Identification Card** enclosed with this notice.
- ✓ Check out the United Food and Commercial Workers Local #789 and St. Paul Food Employers Health Care Plan's (the Plan) new website at <http://www.ufcw789benefits.com> to access information about your benefits and provide you with links to the new programs being made available to you through BlueCross BlueShield of Minnesota (see below) beginning June 1, 2008 and July 1, 2008.

### **NEW PROGRAMS AND EFFECTIVE DATE**

Effective June 1, 2008 –

#### ***BlueCross BlueShield Health Assessment and Online Coaching***

Please read and review the enclosed benefit program information.

#### ***Smoking Cessation Program.***

Blue Cross' Stop Smoking program offers coaching and over-the-counter quit medications. If you smoke and are thinking about quitting, call 1-888-662-BLUE. For more details please refer to the brochures and information enclosed in the prior mailing.

#### ***Healthy Start Prenatal Support Program***

If you or one of your dependents are expecting, call the Healthy Start program at 651-662-1818. Please refer to the brochures and information enclosed in the prior mailing.

Effective July 1, 2008 –

\$20.00 monthly ***Fitness Discount*** for up to two eligible adults per household (you, your spouse or adult child) who exercise at a network fitness center a minimum of 12 times per month (Maximum benefit per family - \$40.00). Detailed information will be mailed in June, prior to the effective date.

- ✓ If you did not attend the **Health Fair** at the United Food and Commercial Workers Local #789 Union Hall on Wednesday, May 14<sup>th</sup> from 9 a.m. to 2 p.m. or Thursday, May 15<sup>th</sup> from 2 p.m. to 6 p.m., and need more detailed information or have questions on the benefit changes and new programs, you may contact the Plan office at 952-854-0795 or 1-800-535-6373.

Sincerely,

Board of Trustees

United Food and Commercial Workers Local #789 and St. Paul Food Employers Health Care Plan