

1199SEIU RETIRED MEMBERS CALENDAR & EVENTS

January 2023

Ready for Your Closeup? Sign Up for a Photo Shoot

Each issue of the *Retired Members Bulletin* showcases photos from our retiree community, but with in-person events still on hold, we need your help to capture new pictures! If you would like a chance to be featured in future issues, please email Communications@1199Funds.org to schedule a socially distant photo shoot near your home with our Benefit and Pension Funds photographer.



Visit www.1199SEIUBenefits.org/HealthyLiving

If you want to get and keep your health on track, your Benefit Fund has you covered. The all-new Healthy Living Resource Center gives you all the info, expert insights and wellness tools, split into five channels covering the pillars of a healthy lifestyle: Healthy Minds, Healthy Bodies, Healthy Hearts, Healthy Eating and Healthy Provider Relationships. Browse each section for nutrition tips, health trackers, interactive exercise videos and screening guidelines. Healthy Living will be updated frequently with new information about upcoming programs and partnerships, so be sure to check back often.

NEW! The Healthy Living Resource Center Is Your Wellness Toolkit!



1199SEIU Benefit and Pension Funds
498 Seventh Avenue
New York, NY 10018-0009
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New York, NY
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Stay Connected with Online Chapter Meetings



We hope you are enjoying these online meetings, using them to “connect” with friendly faces, get updates on Funds news and information about your retiree benefits. Join your chapter meeting by typing the Zoom link listed below into your Internet browser and entering the meeting ID and passcode when prompted. **OR** you can also join your meeting using the phone number listed below your chapter. Visit www.1199SEIUBenefits.org/retiree-activities for more details.

FLORIDA CHAPTERS

South Palm Beach/Delray

Tuesday, January 3 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/rnxm

Meeting ID: 876 9067 3739 Passcode: 451733

Call in: (646) 558-8656 or (301) 715-8592

Broward – Leon Davis

Tuesday, January 3 • 1:00 pm to 2:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/afde

Meeting ID: 892 3828 4455 Passcode: 803665

Call in: (646) 558-8656 or (301) 715-8592

West Palm Beach

Wednesday, January 4 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/uydq

Meeting ID: 995 8142 9679 Passcode: 657472

Call in: (646) 558-8656 or (312) 626-6799

Miami – Ossie Davis

Thursday, January 5 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/kfra

Meeting ID: 871 8095 3693 Passcode: 825709

Call in: (646) 558-8656 or (312) 626-6799

Palm Bay/Melbourne

Tuesday, January 10 • 12:30 pm to 2:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/hxrc

Meeting ID: 819 8713 2081 Passcode: 531003

Call in: (646) 558-8656 or (312) 626-6799

Port St. Lucie

Wednesday, January 11 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/qrpa

Meeting ID: 817 8018 0828 Passcode: 501074

Call in: (646) 558-8656 or (312) 626-6799

Orlando – George Gresham

Wednesday, January 18 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/olmn

Meeting ID: 854 7527 1519 Passcode: 463907

Call in: (646) 558-8656 or (301) 715-8592

Casselberry – Doris Turner

Thursday, January 19 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/xtzh

Meeting ID: 868 7968 6856 Passcode: 032879

Call in: (646) 558-8656 or (301) 715-8592

Fort Myers

Monday, January 23 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/nway

Meeting ID: 815 4661 3736 Passcode: 188493

Call in: (646) 558-8656 or (312) 626-6799

North Port

Tuesday, January 24 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/eccr

Meeting ID: 849 1753 8783 Passcode: 147677

Call in: (646) 558-8656 or (312) 626-6799

Tampa

Wednesday, January 25 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/gytr

Meeting ID: 898 3130 0650 Passcode: 402048

Call in: (646) 558-8656 or (301) 715-8592

NEW YORK CHAPTERS

Westchester

Wednesday, January 4 • 1:30 pm to 3:00 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtw

Meeting ID: 833 9326 8840 Passcode: 472687

Call in: (646) 558-8656 or (312) 626-6799

Bronx – Joseph James

Friday, January 6 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtj

Meeting ID: 871 5708 9200 Passcode: 297923

Call in: (646) 558-8656 or (312) 626-6799

North Bronx – Bernard Minter

Monday, January 9 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtb

Meeting ID: 899 2809 2328 Passcode: 880819

Call in: (646) 558-8656 or (312) 626-6799

Staten Island

Tuesday, January 10 • 3:00 pm to 4:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtm

Meeting ID: 885 0283 0962 Passcode: 304680

Call in: (646) 558-8656 or (301) 715-8592

Hudson Valley

Wednesday, January 11 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/rhvc

Meeting ID: 992 5560 8939 Passcode: 407967

Call in: (646) 558-8656 or (301) 715-8592

Suffolk County

Thursday, January 12 • noon to 1:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtq

Meeting ID: 837 9819 3798 Passcode: 066468

Call in: (646) 558-8656 or (312) 626-6799

New Hyde Park – Eleanor Tilson

Tuesday, January 17 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtv

Meeting ID: 898 4295 0149 Passcode: 805074

Call in: (646) 558-8656 or (312) 626-6799

Hicksville – Milton Konowe

Wednesday, January 18 • 2:00 pm to 3:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtc

Meeting ID: 820 5078 3279 Passcode: 248296

Call in: (646) 558-8656 or (301) 715-8592

Brooklyn – Mattie Small

Friday, January 20 • 11:00 am to 12:30 pm

Join Zoom Meeting: www.1199SEIUBenefits.org/grtz

Meeting ID: 847 3547 4285 Passcode: 833644

Call in: (646) 558-8656 or (312) 626-6799

NEW YORK CHAPTERS (continued)

Queens – Edward Garrins

Tuesday, January 24 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtn
Meeting ID: 842 8796 0384 Passcode: 403606
Call in: (646) 558-8656 or (312) 626-6799

Brooklyn – Marshall Dubin

Wednesday, January 25 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rbmd
Meeting ID: 864 2454 1829 Passcode: 475844
Call in: (646) 558-8656 or (312) 626-6799

Midtown Manhattan

Thursday, January 26 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grth
Meeting ID: 829 5698 9299 Passcode: 396537
Call in: (646) 558-8656 or (301) 715-8592

Harlem – Leon Davis

Friday, January 27 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtx
Meeting ID: 848 7740 4951 Passcode: 392318
Call in: (646) 558-8656 or (301) 715-8592

TEXAS, TENNESSEE AND PENSACOLA (CST)

Thursday, January 5 • noon to 2:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rttp
Meeting ID: 875 5909 8800 Passcode: 983300
Call in: (646) 558-8656

WASHINGTON, OREGON, CALIFORNIA AND NEVADA (PST)

Friday, January 6 • noon to 2:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rwoc
Meeting ID: 828 9127 0655 Passcode: 602834
Call in: (646) 558-8656

PENNSYLVANIA CHAPTER

Monday, January 9 • 3:00 pm to 4:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/hdtb
Meeting ID: 812 1855 8403 Passcode: 081837
Call in: (646) 558-8656 or (301) 715-8592

NEW JERSEY AND VIRGINIA CHAPTER

Thursday, January 12 • 2:30 pm to 4:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/qzuy
Meeting ID: 815 0762 0238 Passcode: 378715
Call in: (646) 558-8656 or (312) 626-6799

GEORGIA CHAPTER

Friday, January 13 • 2:00 pm to 3:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/wbjh
Meeting ID: 817 2802 1885 Passcode: 603894
Call in: (646) 558-8656 or (301) 715-8592

PUERTO RICO & U.S. VIRGIN ISLANDS CHAPTER (AST)

Tuesday, January 17 • 11:00 am to 12:30 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/rprc
Meeting ID: 886 5237 3341 Passcode: 584041
Call in: (646) 558-8656 or (301) 715-8592

NORTH & SOUTH CAROLINAS CHAPTER

Friday, January 20 • 1:30 pm to 3:00 pm
Join Zoom Meeting: www.1199SEIUBenefits.org/grtk
Meeting ID: 832 8595 7258 Passcode: 762414
Call in: (646) 558-8656 or (312) 626-6799

Tune In for “Seniors Out Speaking” Online

The Medicare Rights Center’s “Seniors Out Speaking” (SOS) program provides 1199SEIU retirees with timely Medicare information via monthly webinar presentations. The January SOS presentation will take place **Tuesday, January 24, at 3:30 pm** and will cover what’s new in 2023.

Join Zoom Meeting: www.1199SEIUBenefits.org/rsos
If you do not have Internet access, you can use the following call-in information: **Conference line: (646) 558-8656**
Webinar ID: 999 7268 1095

If you have any registration questions, please contact mi@medicarerights.org. Please visit www.1199SEIUBenefits.org/sos to access additional materials and information related to the SOS program.

DON'T LET YOUR GUARD DOWN: Protect Yourself Against COVID-19

It's important to remain vigilant against COVID-19, especially as we are deep into cold and flu season. So if you are eligible for the booster shot, we encourage you to make an appointment to get yours as soon as possible and lower your risk of severe illness should you be exposed to the virus. The vaccine offers widespread protection for yourself and your loved ones.

To find a COVID-19 vaccination site near you, visit our website
www.1199SEIUBenefits.org/vaccine-locations



Have You Joined Our Retired Members' Online Community Yet?

Stay connected and get the latest information about your benefits and programs with our **1199SEIU Retired Members Facebook group**. Here you can find the latest news, learn about upcoming meetings and talk with fellow retirees. Join the group today and invite other retired members. Remember: We are stronger together!

Visit www.Facebook.com/groups/1199SEIURetiredMembers



**ONLINE
CLASSES**

Exercise Your Mind and Body with Tai Chi, Mindful Meditation and Chair Yoga

The Retired Members Division has again partnered with Mind over Matter Fitness to bring you classes for your mental and physical well-being. View the class descriptions and join the classes online via Zoom at the links listed below. For more information, please call (646) 473-8761.

Tai Chi

Experience a gentle breath and movement meditation to help you feel more open, limber and calm.

Mondays at 11:00 am Dates: 1/9, 1/16, 1/23, 1/30

Zoom Link: www.1199SEIUBenefits.org/rtcc

Meeting ID: 810 9614 8014 **Passcode:** 141598

Mindful Meditation

Encourages a healthy mind-body connection with meditation and breathing techniques.

Tuesdays at 11:00 am Dates: 1/3, 1/10, 1/17, 1/24

Zoom Link: www.1199SEIUBenefits.org/mmdb

Meeting ID: 833 2075 8796 **Passcode:** 010490

Call in: (929) 205-6099

Yoga

Tuesdays at 1:00 pm Dates: 1/3, 1/10, 1/17, 1/24

Zoom Link: www.1199SEIUBenefits.org/rsuy

Meeting ID: 838 8144 4241 **Passcode:** 347758

Chair Yoga

Loosen and stretch tense muscles, reduce stress, improve circulation, and build strength and balance while doing seated exercises.

Wednesdays at 11:00 am Dates: 1/4, 1/11, 1/18, 1/25

Zoom Link: www.1199SEIUBenefits.org/rcyc

Meeting ID: 833 7342 2539 **Passcode:** 784582

Heart and Soul Afro Cardio Jam

Come dance, connect and move on a soulful dance journey to the rhythms of African drums.

Wednesdays at 1:00 pm Dates: 1/4, 1/11, 1/18, 1/25

Zoom Link: www.1199SEIUBenefits.org/racj

Meeting ID: 895 9987 4473 **Passcode:** 889260

Latin Cardio Dance

An exhilarating cardio class set to Latin music that uses easy-to-follow choreography to keep you moving and grooving while toning your body and burning fat.

Fridays at 11:00 am Dates: 1/6, 1/13, 1/20, 1/27

Zoom Link: www.1199SEIUBenefits.org/rssc

Meeting ID: 851 0097 9301 **Passcode:** 229593

Cooking for Your Health



**ONLINE
CLASSES**

Let's get cooking! We're excited to get in the kitchen to show you how to prepare healthy meals and share tips for better eating. Each class will last one hour at the Zoom links listed below and will include a cooking demonstration with Chefs Teresa and Tina. Take a look at the tasty offerings you'll cook up this month!

Thursday, January 12, at 11:00 am:

Pork with Aliño Dressing

Recipe Link: www.1199SEIUBenefits.org/rpad

Zoom Link: www.1199SEIUBenefits.org/cvbn

Thursday, January 26, at 11:00 am:

Tuna Casserole with Spaghetti Squash

Recipe Link: www.1199SEIUBenefits.org/rtcs

Zoom Link: www.1199SEIUBenefits.org/cvbn

Cooking for Your Health, Now en Español!

We're excited to offer the Cooking for Your Health class in Spanish! Join Chefs Natalia and Teresa for a cooking demonstration of quick, healthy recipes that are sure to become favorites. Each class will last one hour at the Zoom links listed below. Take a look at the dishes you'll be cooking this month!

Friday, January 6, at noon:

Ramen Soup with Kelp Noodles

Recipe Link: www.1199SEIUBenefits.org/rsrn

Zoom Link: www.1199SEIUBenefits.org/rssc

Friday, January 20, at noon:

Beef Stew

Recipe Link: www.1199SEIUBenefits.org/reca

Zoom Link: www.1199SEIUBenefits.org/rssc

¡Cocinar para Su Salud, Ahora en Español!

¡Estamos emocionados de ofrecer la clase Cocinar para su salud en español! Acompañe a la Chefs Natalia y Teresa en una demostración de cocina con recetas rápidas y saludables que, sin duda, se convertirán en sus favoritas. Cada clase durará una hora y se realizará por Zoom en los enlaces que figuran a continuación. ¡Eche un vistazo a los platos que cocinará este mes!

Viernes 6 de enero, a las mediodía:

Sopa Ramen con Noodles de Alga Marina (Kelp)

Enlace para ver la receta: www.1199SEIUBenefits.org/rsrn

Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rssc

Viernes 20 de enero, a las mediodía:

Estofado de Carne con Especies Aromáticas

Enlace para ver la receta: www.1199SEIUBenefits.org/reca

Enlace para acceder a Zoom: www.1199SEIUBenefits.org/rssc

1199SEIU NATIONAL BENEFIT FUND FOR HEALTH AND HUMAN SERVICE EMPLOYEES SUMMARY OF MATERIAL MODIFICATIONS

This Summary of Material Modifications describes changes that affect your welfare benefit plan and updates the Summary Plan Description (“SPD”) and Summary of Benefits and Coverage (“SBC”) that was previously distributed to you. You should keep this summary with your current SPD and SBC until the booklet is updated to reflect the changes discussed herein.

Effective on or about January 1, 2023, the 1199SEIU National Benefit Fund for Health and Human Service Employees SPD shall be amended as follows, with the underlined bold language added and the strikethrough language omitted:

SECTION III. C: PAID FAMILY LEAVE BENEFITS

...

WHEN YOUR BENEFITS BEGIN

Paid Family Leave Benefits may be used when you are unable to work due

to the following qualifying events:

- To care for a sick family member with a serious health condition. Family members include spouse, domestic partner, child, parent, parent-in-law, grandparent, and grandchild **and sibling**. Self-care is excluded. Serious health condition means an illness, injury, impairment, or physical or mental condition that involves: inpatient care in a hospital, hospice, or residential healthcare facility; or continuing treatment or continuing supervision by a health care provider.

This summary highlights the key changes made to the 1199SEIU National Benefit Fund for Health and Human Service Employees. Summaries of Material Modifications, together with the Summary Plan Description, make up your official plan descriptions; please keep them together and refer to them as necessary. If you would like to review the Plan Document or have any questions, please contact the Fund’s Member Services Representatives at (646) 473-9200.

The 1199SEIU National Benefit Fund for Health and Human Service Employees believes it is a “grandfathered health plan” under the Patient Protection and Affordable Care Act (the “Affordable Care Act”). A grandfathered health plan can preserve certain basic health coverage that was already in effect when that law was enacted in 2010. Being a grandfathered health plan means that this plan may not include certain consumer protections of the Affordable Care Act that apply to other plans, for example, the requirement for an external review process for claims appeals. However, grandfathered health plans must comply with certain other consumer protections in the Affordable Care Act, for example, the elimination of lifetime limits on benefits. Questions regarding which protections apply and which protections do not apply to a grandfathered health plan can be directed to the Plan Administrator at (646) 473-9200. You may also contact the Employee Benefits Security Administration, U.S. Department of Labor at (866) 444-3272 or www.dol.gov/ebsa/healthreform. This website has a table summarizing which protections do and do not apply to grandfathered health plans.

The plan sponsor of the 1199SEIU National Benefit Fund for Health and Human Service Employees reserves the right to amend or terminate the Fund, or any part of it, at any time.

1199SEIU BENEFIT FUNDS

SUMMARY OF MATERIAL MODIFICATIONS

This Summary of Material Modifications describes changes that affect your welfare benefit plan and updates the Summary Plan Description (“SPD”) that was previously distributed to you. You should keep this summary with your current SPD and Summary of Benefits and Coverage (“SBC”) until the changes discussed herein expire.

Effective January 1, 2023:

- The 1199SEIU National Benefit Fund for Health and Human Service Employees plan and the 1199SEIU Greater New York Benefit Fund New York Plan SPDs and SBCs shall be amended to expand the 1199SEIU Medicare Advantage Plan to eligible retirees living in U.S. territories;
- The 1199SEIU Greater New York Benefit Fund New Jersey plan shall be amended to cover participating weight reduction and weight management programs; and the 1199SEIU National Benefit Fund for Health and Human Service Employees, the 1199SEIU National Benefit Fund for Rochester Area Members: and the 1199SEIU Greater New York Benefit Fund New York Plan SBCs and SPDs shall be amended as follows, with the underlined bold language added and the strikethrough language omitted:

WHAT IS NOT COVERED ... In addition to the various exclusions and limitations set forth elsewhere in this SPD, the Benefit Fund does not cover: • Charges related to programs for smoking cessation, weight reduction, **weight management**, stress management and other similar programs that are not provided by a licensed **practitioner** ~~medical physician~~ or **participating program** ~~not Medically Necessary~~.

The 1199SEIU National Benefit Fund for Health and Human Service Employees, the 1199SEIU National

Benefit Fund for Rochester Area Members, and the 1199SEIU Greater New York Benefit Fund New Jersey plans believe they are a “grandfathered health plan” under the Patient Protection and Affordable Care Act (the “Affordable Care Act”). A grandfathered health plan can preserve certain basic health coverage that was already in effect when that law was enacted in 2010. Being a grandfathered health plan means that this plan may not include certain consumer protections of the Affordable Care Act that apply to other plans, for example, the requirement for an external review process for claims appeals. However, grandfathered health plans must comply with certain other consumer protections in the Affordable Care Act, for example, the elimination of lifetime limits on benefits. Questions regarding which protections apply and which protections do not apply to a grandfathered health plan can be directed to the Plan Administrator at (646) 473-9200. You may also contact the Employee Benefits Security Administration, U.S. Department of Labor at (866) 444-3272 or www.dol.gov/ebsa/healthreform. This website has a table summarizing which protections do and do not apply to grandfathered health plans.

The Plan Sponsors reserve the right to amend or terminate the Funds, or any part of them, at any time. If you would like to review the Plan Document or have any questions, please visit www.1199SEIUBenefits.org.

HIPAA NOTICE

If you would like a copy of the Funds' Notice of HIPAA Privacy Practices, please visit www.1199SEIUBenefits.org, or request one in writing by writing to the 1199SEIU Benefit Funds Privacy Officer at 498 Seventh Avenue, 9th Floor, New York, NY 10018.

Discrimination Is Against the Law

The 1199SEIU Benefit Funds comply with applicable federal civil rights laws and do not discriminate against or exclude people on the basis of race, color, national origin, age, disability or sex. The Funds provide free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats). The Funds provide free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Compliance Coordinator. If you believe the Funds have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: Compliance Coordinator, 498 Seventh Avenue, New York, NY 10018; (646) 473-6600 (phone); (646) 473-8959 (fax); PrivacyOfficer@1199Funds.org (email). You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Compliance Coordinator can help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201; (800) 368-1019 or (800) 537-7697 (TDD). Complaint forms are available at www.hhs.gov/ocr/complaints/index.html.

Language Assistance Services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (646) 473-9200.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (646) 473-9200。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (646) 473-9200.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (646) 473-9200.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다 (646) 473-9200.

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (646) 473-9200.

שפראך הילף סערוויסעס פון אפצאל רופט אויב איר רעדט אידיש, זענען פארהאן פאר איך: אויפמערקזאם: (646) 473-9200.

আছে। উপলব্ধ পরিষেবা সহায়তা ভাষা নিঃখরচায় তাহলে, পাবেন বলতে কথা, বাংলা আপনি যদি করুনঃ লক্ষ্য ১ করুন ফোন (646) 473-9200.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (646) 473-9200.

اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم ملحوظة: (646) 473-9200.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez (646) 473-9200.

శ్రద్ధ పెట్టండి: ఒకవేళ మీరు తెలుగు భాష మాట్లాడుతున్నట్లయితే, మీ కొరకు తెలుగు భాషా సహాయక సేవలు ఉచితంగా లభిస్తాయి. (646) 473-9200.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa (646) 473-9200.

ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε (646) 473-9200.

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në (646) 473-9200.

Access Community Resources with Findhelp



Life's needs may be unexpected, but you can always count on getting support with findhelp.org, a search engine that locates free and low-cost community services and programs for you or your loved ones in your area. In partnership with the Benefit Funds, findhelp.org allows you to access resources that can aid with food security, emotional well-being services, child care, financial and legal assistance and more. Although we are pleased to share these resources with you, the services offered through findhelp.org are not covered Funds benefits.

Visit findhelp.1199SEIUBenefits.org

PUERTO RICO AND U.S. VIRGIN ISLANDS NBF RETIREES:

Information Sessions for New Medicare Advantage Plan

The 1199SEIU National Benefit Fund (NBF) has partnered with Aetna to bring Medicare Advantage coverage to eligible retirees in Puerto Rico and the U.S. Virgin Islands, effective January 1, 2023. The 1199SEIU Aetna Medicare Advantage Plan provides comprehensive medical, hospital and prescription benefits; access to a large physician network; dental, hearing and vision benefits, and more. If you did not receive information in the mail or have questions, please join one of our information sessions, listed below.

ENGLISH: (800) 672-1488	SPANISH: (800) 694-7044
Tuesday, January 10, 12:00 pm	Tuesday, January 10, 1:00 pm
Thursday, January 12, 2:00 pm	Thursday, January 12, 3:00 pm

For additional info, reach out to our Retiree Services Center at (646) 473-8666 or Aetna 1199SEIU Retiree Services at (855) 798-0967. You may also visit

<https://aetnamedicare.com/1199seiu/en/index.html>

Stay Connected with Your Funds

While there are currently no in-person activities or meetings scheduled at our 498 Seventh Avenue headquarters, New York City-area or Florida satellite offices, they are open for retiree benefit assistance services that can't be handled online or over the phone. Of course, you can always access your benefits from the comfort of your home, 24/7. Simply visit **MyAccount** (www.My1199Benefits.org) or make an online appointment to speak with a Retiree Services Representative by visiting www.1199SEIUBenefits.org/appt. You may also call Retiree Services directly at (646) 473-8666. If you do need to visit a Funds office, you should schedule an appointment online—also at www.1199SEIUBenefits.org/appt to reduce wait times and facilitate social distancing.

Support Your Emotional Health with Aetna's MDLIVE

A healthy mind is just as important as a healthy body. Now, retirees enrolled in the 1199SEIU Aetna Medicare Advantage Plan can get support for their emotional well-being through MDLIVE, a new online resource. With MDLIVE, you can connect with a licensed therapist or psychiatrist by phone or video chat from the comfort of your home on *your* schedule. To get started, visit MDLIVE.com/AetnaMedicarebh and follow the prompts to create an account. To learn more about MDLIVE, call (888) 865-0729.

Learn New Skills and Explore Interests with Continuing Education Programs

Is there a subject you've always wanted to study or a topic you want to learn more about? 1199SEIU retirees can access free and low-cost educational opportunities, including in-person courses at colleges throughout New York and online classes offered nationwide.

Learn more and find out how to enroll at www.1199SEIUBenefits.org/retiree-ed

Stay Informed with Aetna Online Health Presentations

Through our partnership with Aetna, you can stay up to date on important health and wellness topics by viewing monthly online presentations. Aetna will present a 30-minute live webinar from an Aetna registered nurse, who will review each month's health topic and provide resources.

The video will be available on the Aetna website at the start of each month, allowing you to watch whenever it fits your schedule. Visit 1199SEIU.AetnaMedicare.com for more information and to view the monthly presentation.

Upcoming Topics

January and February: Review of 2023 plan benefits; Hypertension and Hyperlipidemia

Read Your Retired Members Bulletin Online!

Did you know that you can view your monthly *Retired Members Bulletin* on your computer or smart phone *before* you receive it in the mail? Just point your smartphone at this QR code as if you were taking a picture of it and hold it steady for a couple of seconds. Tap the link that pops up and you can have all the month's news and information at your fingertips! If you don't have a smart phone, just visit www.1199SEIUBenefits.org/RMB.

