

Directory Assistance

If you have any questions about the Plan or the benefits available to you, call the Administrative Office at 855-617-2478.

WHO ARE YOU TRYING TO REACH? CONTACT INFORMATION

Administrative Office (BeneSys)	staff@ibew-west.com 855-617-2478 ibew-west.com onlinelearninglibrary.com/ibew-west
PacifiCorp Employee Benefits Department	benefits.services@pacificorp.com pacificoractive.hrintouch.com 800-455-6363
Cigna — OAP and Behavioral Health Services (with in-person, virtual, or digital counseling)	mycigna.com Employer ID: westernutilities 800-768-4695
Sav-Rx — Prescription Services	savrx.com 866-233-4239
MDLIVE	mycigna.com 888-726-3171
Cigna — Employee Assistance Program	mycigna.com 877-622-4327 Employer ID: westernutilities
HealthEquity — Health Savings Account	healthequity.com 866-346-5800
Kaiser — HMO Network	kp.org 800-813-2000
Delta Dental	deltadentalins.com 800-521-2651
VSP	vsp.com 800-877-7195

The information provided in this Staying Connected newsletter is of a general nature only and does not replace or alter the official rules and policies contained in the official plan documents that legally govern the terms and operation of the plans. If this newsletter differs in any way from the official plan documents, the official plan documents always govern. Receipt of this newsletter does not guarantee benefits eligibility.



IBEW/Western Utilities Health & Welfare Trust Fund
BeneSys Administrators
P.O. Box 215
San Ramon, CA 94583



What’s New in the Learning Library

Don’t miss the Q&A Corner we’ve posted at onlinelearninglibrary.com/ibew-west. And while you’re there, take a look around and refresh your knowledge on all that your IBEW benefits have to offer.

STAYING CONNECTED
IBEW/Western Utilities Health & Welfare Trust Fund

SPRING 2025

Importance of Vision and Oral Health

When you think of getting preventive care, it’s likely that dental and vision exams aren’t the first thing that comes to mind. Your overall health is closely linked to your vision and dental health, so you shouldn’t underestimate the value of receiving routine care. Regular exams are the key to managing your health, and they can also detect the early indications of certain health conditions before they develop any further, including cardiovascular disease, heart disease, and diabetes. Make sure you’re staying on top of your health and schedule a visit for a dental or vision exam today.

- **Vision:** To find an in-network provider, visit vsp.com or call 800-877-7195.
- **Dental:** To find an in-network provider, visit deltadentalins.com or call 800-521-2651.



The Value of a PCP

Finding the right primary care physician (PCP) can seem daunting and stressful to many, but having one is essential to oversee your medical concerns and health status. A PCP acts as your main health care provider, and building a relationship together aids in your care, as they better understand your unique health needs over time. Even if you go to the doctor only once a year for your annual checkup, a PCP can be extremely valuable in helping to manage your health, because they:

- Are more likely to recognize physical and mental health changes than a doctor you see only once.
- Give tailored advice and treatments involved in all levels of care and can work as a team with your other health care providers to make sure you're getting the correct care for better health outcomes.
- Keep track of your treatment plans and prescriptions, recognize potential drug interactions, and monitor your follow-up appointments.

For a better experience managing your health, receiving preventive care, and having a guiding hand through the health care system, consider getting a PCP. To find an in-network physician:

- **Cigna OAP:** Visit cigna.com and select **Find a Doctor**.
- **Kaiser HMO (Local 125 only):** Visit kp.org and select **Doctors & Locations**.



Get Your Preventive Care

Once you find a primary care physician (PCP), don't forget to schedule a preventive care visit! Preventive care is extremely important and essential for maintaining your overall health. During your visit, a PCP will assess your current health status and perform any necessary tests or screenings. This gives the doctor a snapshot of your health and can help them catch any emerging issues while they are easier and less expensive to treat. Remember—preventive care saves lives. Schedule your visit today!

Diabetes 101

The best way to prevent or manage diabetes is to learn more about it. According to the Centers for Disease Control and Prevention (CDC), around 11% of the population, about 38 million people and counting, have diabetes. Even more concerning, around 1 in 3 Americans are prediabetic and don't even recognize it yet. Diabetes is a chronic condition that affects the amount of insulin a person's body produces, either by not producing enough or by not being able to use it effectively, which can result in your blood sugar increasing to dangerous levels. Since insulin plays a major role in helping to provide fuel for our bodies, if left untreated or managed incorrectly, diabetes can lead to hospitalizations and serious health conditions including kidney disease, vision loss, and even death.

There are different types of diabetes, and some, like type 2 diabetes, can be prevented or reversed altogether:

- **Type 1:** An autoimmune disease in which the immune system destroys insulin-producing cells. Usually diagnosed during childhood.
- **Type 2:** The most common form of diabetes. This happens when the body doesn't produce enough insulin and/or becomes insulin-resistant. Usually diagnosed in adults, but children can have it as well.
- **Gestational:** Usually develops during pregnancy and can be temporary, though there is an increased risk of developing type 2 after pregnancy.

The good news is that making healthier lifestyle choices can help you prevent, manage, and even reverse type 2 diabetes. While there is no cure for diabetes, you can enter remission with type 2 by managing a balanced diet of fruits, vegetables, whole grains, and lean proteins, while limiting your intake of excess sugars and carbohydrates. Exercising regularly is also crucial, as it helps you maintain a healthy weight and regulate your blood sugar levels. Make sure to have regular checkups with your PCP as well, as they can also help monitor your blood sugar and catch any early signs of diabetes. Follow these steps and stay on track with your health goals to reduce your risk and increase your chances of a long, diabetes-free life!

Q&A CORNER



What are the types of services I can receive that are considered preventive care?

Preventive care is more than getting annual physicals or routine vaccinations. Services include:

- Blood pressure, cholesterol, and diabetes tests
- Cancer and sexually transmitted infection (STI) screenings
- Mental health screenings
- Physical health counseling and education

GOT ANOTHER QUESTION?



SCAN HERE