

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 pacificorpactive.hr@intouch.com 800-455-6363
Cigna – OAP and Behavioral Health Services	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
Talkspace (counseling via text, voice, or video)	mycigna.com 877-622-4327 Employer ID: westernutilities
HealthEquity – Health Savings Account	healthequity.com 866-346-5800
Kaiser – HMO Network	kp.org
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



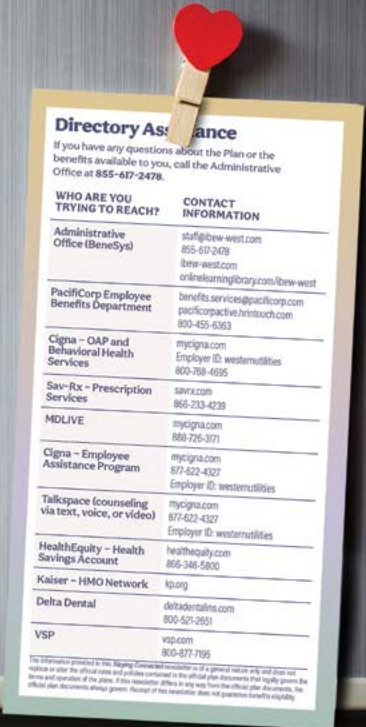
Don’t miss the Q&A corner we’ve posted at onlinelearninglibrary.com/ibew-west. And while you’re there, see what you may be missing when it comes to getting the most from your IBEW benefits.

STAYING CONNECTED IBEW/Western Utilities Health & Welfare Trust Fund WINTER 2025

Important Benefit Contacts

With so many vendors providing you with important medical services and other benefits, we recognize that it may get a bit confusing about whom to turn to when you need care. The good news is that you can always refer to the back panel of this newsletter to find out the names of our vendor partners, the services they provide, and the many ways to contact them. All of the contact information is readily available on your benefits site at ibew-west.com as well.

Want to keep the contact information handy? Simply cut the contact panel off this newsletter, and keep it in your wallet or post it to your fridge for easy viewing. Whichever way works best for you!



Kick Off 2025 Feeling Brand New

What better way to ring in 2025 than to check in on your health. Preventive care is the best way for you to stay healthy and monitor your current health status by getting a series of screenings, exams, and lab tests done by a primary care physician (PCP). This way you can prevent and even detect developing health concerns before they become severe, saving you a lot of time, emotional distress, and money.

Preventive care services are covered 100% by your medical plan for you and your covered dependents, so prioritizing your health costs you nothing. To schedule a preventive care visit or find an in-network PCP near you:

- **Cigna OAP:** Log in to **mycigna.com**; use employer ID: **westernutilities** if it's your first time registering.
- **Kaiser HMO:** Visit **kp.org**, and select **Doctors & Locations**. (Local 125 participants only)



VSP: A Sight to See

Introducing your new, affordable vision benefit with VSP!

The Fund has partnered with VSP to bring you and your family enhanced vision coverage that became effective January 1, 2025. With VSP, you can access personalized vision care from in-network doctors, including an annual WellVision Exam that not only helps you see better but can also detect any emerging eye and health concerns. Your coverage allows you to choose from an extensive list of providers, offers you an annual exam that costs \$0, and gives you frame and lens allowances.

By visiting a VSP network doctor, you'll save money on eye care and eyewear with leading industry frame brands, such as:

- Calvin Klein
- Cole Haan
- Nike
- And more!

Make the most of your VSP benefit, and stay in-network by creating an account at **vsp.com** to find the right doctor for you. For better savings and a way to maximize your coverage, take advantage of VSP Premier Edge (formerly the VSP Vision Premier Program) by visiting a participating private practice doctor or a retail in-network option such as Visionworks. No member ID card is necessary to set up an appointment. Simply contact an in-network VSP provider to schedule an exam, and let them know you're a VSP member—they'll handle the rest. There is no need for a claim form.

To learn more about your VSP coverage, to set up your next eye exam, and to discover extra exclusive member savings, make sure to visit **vsp.com** to set up your account, or contact member services at **800-877-7195** for additional assistance.

To see more detailed benefit information, visit **onlinelearninglibrary.com/ibew-west**.



In what ways is getting an annual vision exam considered preventive care?

Many serious health conditions show symptoms in your eyes. Getting an annual vision exam not only helps with maintaining good eye health and minimizing vision loss but can also play a role in the early detection of eye diseases such as glaucoma, cataracts, diabetic retinopathy, and age-related macular degeneration. The more you stay on top of your eye health, the easier it is to catch a developing condition and start an earlier treatment that will preserve your vision.

Q&A CORNER

GOT ANOTHER QUESTION?
SCAN HERE

