

SPRINKLER

Wellness Benefits Everyone

FITTER YOU

FALL 2016 ISSUE 10



NASI WELFARE FUND
We're Here to Help

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Welcome to the fall issue of *Sprinkler Fitter You*, our quarterly health and wellness publication exclusively for NASI Welfare Fund participants and their family members.

If you have any questions or would like more information about what you've read here, please contact the NASI Fund Office at 800-638-2603. We're here to help!



TECHNOLOGY KEEPS SHIPPED MEDICATIONS COOL

Do you receive any medications by mail? Fluctuations in weather and extreme temperatures make mailing certain prescriptions difficult and potentially dangerous if they are not handled properly. Express Scripts uses innovative technology to keep medication shipments cool even in a summer of record-setting temperatures. In fact, if Express Scripts cannot ensure a shipment will arrive in a refrigerated state, it will not allow the order to be shipped.

Engineered for Safety – The Express Scripts Method

Here's how it works:

- Automated program determines the best packaging for your medication
- If your prescription requires temperature controls, it is stored in an open-air cooler – similar to those in the dairy department of a grocery store
- Your prescription is pulled and sealed in a shipping bag
- The automated process sends the medication to the temperature path
- A bar code is used to retrieve information, like where the medication is, the temperature in the building, time of day, where it's going and the average daily temperature forecasted in both locations for the next three days
- The correct size cooler is computed, along with how many ice packs to include in the cooler, and the shipment method needed to make sure the medication arrives safely to your doorstep

Express Scripts' cooling innovation continues to make the use of prescription drugs safer and more affordable for all NASI employees – even in the summer heat.

BCBS BLUE DISTINCTION CENTERS – NOW INCLUDE MATERNITY CARE!

We are pleased to announce that BCBS Blue Distinction Centers will now add Maternity Care providers to their list of types of care to hold the Blue Distinction Center designation.

Blue Distinction Centers are hospitals that have demonstrated expertise in delivering specialty care. These types of care have been identified as:

- Bariatric Surgery
- Cardiac Care
- Knee and Hip Replacement
- Spine Surgery
- Transplants
- **NEW** Maternity Care

Blue Distinction Centers that are considerably more efficient at providing specialty care have been further classified as Blue Distinction Centers +. If you receive care in one of the above categories at a Blue Distinction Center + you will receive a \$500 incentive! This means you will get \$500 of your out-of-pocket expenses reimbursed just for receiving better quality care.

Find a Blue Distinction Center

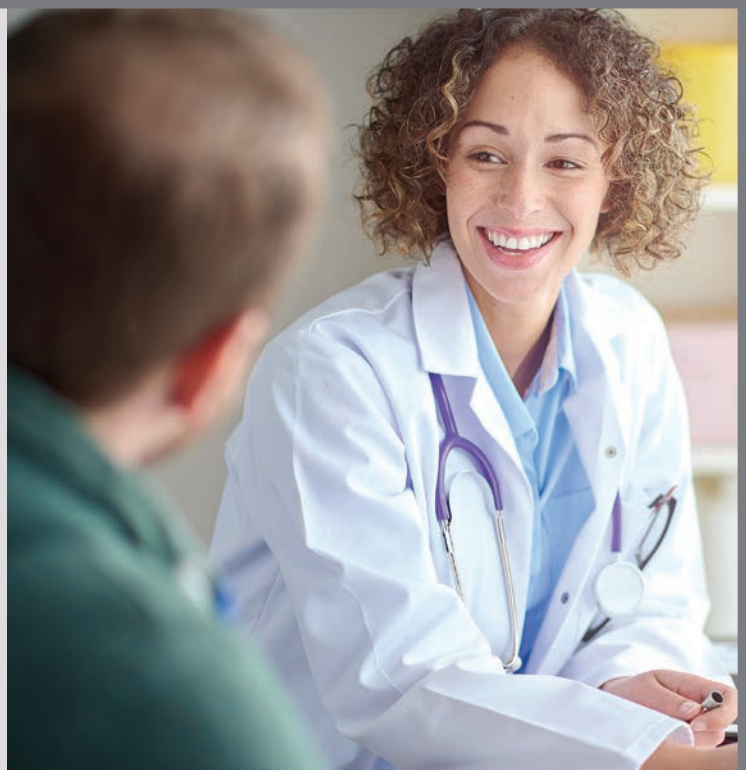
Use the link on the NASI Welfare Fund's website, www.nasifund.org entitled "Blue Distinction Center Finder." You can search for the particular specialty you need (e.g. cardiac care) and you can limit your search to the state or states you are willing to go to in order to receive the best care available.



MAKE SURE YOU'RE USING AN IN-NETWORK PROVIDER!

To ensure that you're always receiving your care under the in-network plan of benefits, make sure you check to confirm that all of your healthcare providers participate in the Blue Cross Blue Shield (BCBS) network. Remember that just because a physician group, or an individual physician in a group is a BCBS in-network provider, there may be other physicians in that group that are not in-network providers. It's always best to check to be sure that a specific physician (not the physician group) is an in-network provider before you schedule your appointment so that you're not stuck paying out-of-network costs.

For more information or to check if your doctor is in-network go to: <http://provider.bcbs.com/>



DID YOU GET YOUR FLU SHOT?

December 4 – 10 is National Influenza Vaccination Week. If you haven't already, schedule your flu shot for you and your family before the season is in full swing.

According to the Center for Disease Control and Prevention (CDC), you need to get a flu shot yearly because the flu virus is always changing and "the vaccine is updated each year to better match circulating influenza viruses."

Don't forget, if you use an in-network provider, your flu vaccine is free for all covered members of your family! Before you put it off for another week, schedule your flu shot with your doctor today.



NASI PERSONAL HEALTH MANAGEMENT
Counseling and Support for Chronic Conditions

Congratulations to Our Recent Graduates!

Approximately 300 members have successfully completed the NASI Condition Management Program since January. We're proud that they've taken this important step toward improving their health. Remember, if you are contacted by Carewise Health about enrolling, please take the call!

ARE YOU TAKING BETTER CARE OF YOUR CAR THAN YOUR HEALTH?

When something happens to our car, we know exactly what to do and who to call. Why don't we know the same for our health? There are simple steps we can take to maintain and care for ourselves – consider this your new owner's manual.

Car Maintenance	Health Maintenance
<p>Get your annual inspection Know that your car is in the best shape possible and will last for many more years.</p>	<p>Get your annual physical and health screening Early screenings can help stop health problems before they start – drastically reducing your future health care costs. And preventive care is 100% covered by NASI medical plans, you won't pay a thing.</p>
<p>Go to the shop when something is wrong When you hear a weird noise you get your car checked to make sure nothing is broken.</p>	<p>Go to a doctor for a visit You know your body, when something is wrong get it checked out.</p>
<p>Wash and wax Prevent rust and keep the paint job looking great.</p>	<p>Exercise and eat healthy Help to reduce your risk of disease and prolong your life expectancy.</p>
<p>Know your levels Get your tire pressure, oil, lights and mileage checked annually.</p>	<p>Know your numbers Noticing differences in BMI, glucose/blood sugar, height, weight, blood pressure, etc. can help indicate health complications and potential areas of improvement.</p>
<p>Contact an expert When you need assistance or repairs.</p>	<p>Contact a health professional When you need assistance with health care and major medical needs.</p>



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Stem Cell Treatment – Our Stance

Recently, there has been increasing talk about the use of stem cells for medical care. Rogue clinics, clinics that promote unproven stem cell treatments, have been using these cells for ailments that range from autism to paralysis. The FDA has not yet regulated the use of stem cells and, as a result, there have been increasing medical safety concerns. NASI has considered the impact of stem cell treatments and come to the conclusion that when the treatment meets the Plan's definition of *Medically Necessary*, it will be covered. This means a treatment will only be covered if it is generally accepted by the medical community as the standard of care and it is safe, appropriate and effective. Unless that definition is met, stem cell treatment will not be considered a covered expense.



The information provided in *Sprinkler Fitter You* 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 Welfare Fund. 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 eligibility for benefits. The Trustees have the right to modify benefits at any time.