FALL 2026 ISSUE 38

SPRINKLER FITTER YOU

Wellness Benefits Everyone

IT'S ABOUT YOU!

NASI WELFARE FUND
We're Here to Help

As the year winds down, take time to check in on your health and the benefits that support it. In this issue of ***Sprinkler Fitter You***, you'll find practical ways to get ahead of year-end care, access support when life gets complicated, choose convenient care options, and make the most of resources available to you and your family.

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MENTAL HEALTH SUPPORT FOR MORE THAN YOU THINK

Mental health resources can help with much more than therapy for depression or anxiety. **Spring Health**, your Member Assistance Program, provides confidential assistance for a wide range of life challenges and bigger moments.

Spring Health can support areas of your life, like relationships, work stress, family troubles, burnout, grief, transitions, sleep issues, substance abuse or simply feeling overwhelmed.

Licensed professionals are available 24/7 to you and your family.

Your benefits include:

- Eight therapy sessions plus eight coaching sessions per year at no cost to you
- Unlimited check-ins, mental health assessments, and crisis support
- Access through the mobile app, website, or by phone
- Free monthly webinars on a variety of wellness topics

Care is 100% confidential. Spring Health will not share information about your participation with your employer or family members.

Visit **nasi.springhealth.com** to complete a brief assessment and book your first session, or call **855-629-0554** for further assistance.



From a Member:
Health Gauge Events Can Save Your Life

I've attended the NASI Local 550 annual health fair for the past four years and have always been impressed by how convenient and efficient it is. In under an hour, we receive a full panel of ultrasound screenings, blood work, and biometrics, along with clear explanations and truly caring staff.

This year, during my abdominal ultrasound, the technician noticed a large mass that hadn't been there the year before. The team urged me to see my doctor immediately and helped provide digital imaging through the new results portal right away.

Thankfully, the mass was benign and has been removed, and I've fully recovered. I'm agrateful this screening caught it early—before it became dangerous or symptomatic.

Watch for upcoming event dates, locations, and registration details. Visit **healthgauge.com** to learn more.

I encourage all members to take advantage of this lifesaving annual health fair. You never know what it might find.

—Member, NASI Local 550

FORMULARY UPDATES, EXPLAINED

A formulary is the list of prescription medications your health plan covers, organized into tiers based on effectiveness, safety, and cost. The prescription drug provider periodically adds or removes medications or moves them to a different tier altogether.

If an update affects one of your prescriptions, Optum Rx will reach out directly to explain any next steps. Often, you won't need to take any action at all. Other times, you may be asked to speak with your physician about a generic prescription that provides the same clinical benefit at a lower cost.

For any questions about your coverage, formulary updates, or network pharmacies, contact Optum Rx at **800-460-5685** or visit **optumrx.com**.



APPLE CIDER SANGRIA MOCKTAIL

Ingredients:

- 1 lime
- 1 lemon
- ½ an orange
- ½ apple
- ½ cup cranberries
- 64 ounces apple cider (8 cups)
- Juice of 2 limes
- 4 cinnamon sticks
- 1 can ginger beer (12 ounces)

Instructions:

1. Thinly slice apples, orange, and citrus fruits. Add to a pitcher with fresh cranberries.
2. Add apple cider, lime juice, and cinnamon. Chill in the fridge for up to 2 hours.
3. Right before serving, add the can of ginger beer and stir gently.
4. Serve over ice, and offer a spoon to scoop the fruit into glasses.

RIGHT CARE, RIGHT PLACE, RIGHT PRICE

Knowing where to get the type of care you need can save you big bucks. Here's a handy guide.

Telehealth: A Convenient First Stop

For many nonemergency concerns, telehealth is often your fastest, most cost-effective option. Active members and pre-Medicare retirees can use the MDLIVE mobile app or visit **MDLIVE.com** to connect with board-certified doctors 24/7, right from home, with no out-of-pocket cost to you.

Telehealth can help with:

- Cold and flu symptoms
- Allergies
- Minor illnesses and infections
- Rashes and skin conditions
- Headaches
- Behavioral health concerns like stress, anxiety, and depression

Primary Care Physician: Your Partner in Long-Term Health

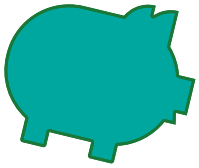
Your primary care physician (PCP) knows your medical history and helps coordinate care, manage chronic conditions, deliver preventive services, and determine when you need specialty care.

Urgent Care: When You Need Nonemergency Care ASAP

Urgent care works best for issues that need prompt attention but aren't life-threatening—think minor fractures, cuts requiring stitches, or infections.

Emergency Room: For Life-Threatening Situations

Use the ER only for true emergencies, such as chest pain, significant difficulty breathing, stroke symptoms, severe injuries, or other life-threatening conditions.



Remember: Choosing the right level of care means faster treatment for you and lower costs for everyone, including the Fund. When in doubt, start with telehealth by booking a visit using the MDLIVE mobile app, at **MDLIVE.com/bcbsil**, or schedule an appointment with your primary care physician.

Need help finding an in-network provider or facility near you? Go to **provider.bcbs.com** to get started.

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National Automatic Sprinkler Industry Welfare Fund

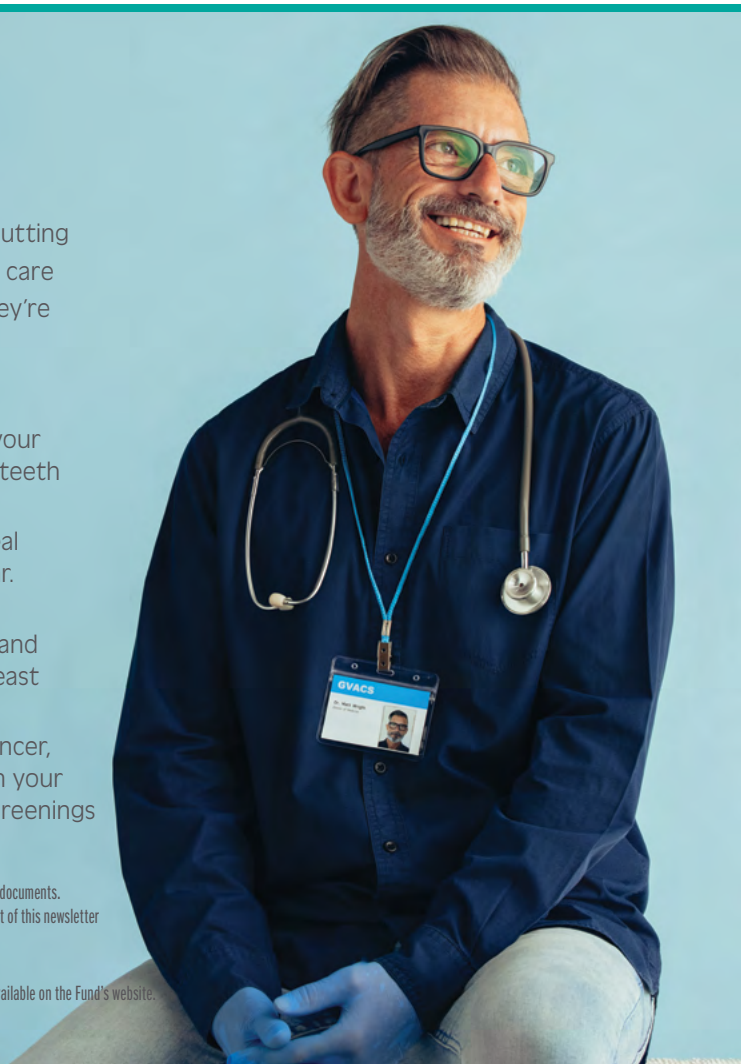
8000 Corporate Drive
Landover, MD 20785

BEAT THE END-OF-YEAR RUSH

Appointment calendars fill up fast as the year winds down. If you've been putting off preventive care, schedule now before availability runs out. Plus, routine care protects your long-term health by catching health concerns early, when they're easier and less costly to treat.

Make sure you take care of the following:

- **Dental checkups and cleanings.** Good oral health supports more than your smile—it's also linked to lower risk for heart disease and stroke. Get your teeth cleaned twice a year.
- **Vision exams.** Annual eye exams can catch vision changes early and reveal conditions like diabetes and high blood pressure before symptoms appear. Schedule an eye exam once per year.
- **Annual physicals.** Your yearly physical is a chance to review your health and monitor risk factors. Visit your primary care provider as needed, but at least once per year.
- **Recommended screenings.** Your doctor may suggest screenings for cancer, diabetes, heart disease, high blood pressure, or high cholesterol based on your age and risk factors. Talk with your primary care provider about which screenings you should schedule.



The information provided in Sprinkler Fitter You is of a general nature only and does not replace or alter the rules contained in the Welfare Fund's official plan documents. If this newsletter differs in any way from the official plan documents, the official plan documents, as interpreted solely by the Trustees, always govern. Receipt of this newsletter does not guarantee eligibility for benefits. The Trustees have the right to modify or eliminate benefits at any time.

Important Note About Privacy
Your participation in any program offered by the NASI Welfare Fund is voluntary and confidential. A notice regarding the Welfare Fund's privacy practices is available on the Fund's website.