



Issue #11
September 2011

Benefit Matters

Benefit news for 32BJ security officers

Helpful Hints

Urgent vs. Emergency Care

Urgent care is when you need immediate medical attention because of an injury or illness that is not life threatening, like a sprained ankle or an ear infection. You should go to your network doctor's office for urgent care.

A medical emergency is when an illness or injury causes someone a sudden, unexpected, possibly life-threatening danger, like a heart attack, broken bone or uncontrolled bleeding.

You should go to an emergency room (ER) for help that cannot wait.

Save the ER for true emergencies

The best way to get health care is through a network primary care doctor. Your doctor will give you regular checkups and get to know you over time. And you'll be able to call when you are sick. Your doctor can help catch illnesses early and can help you manage chronic problems like asthma and diabetes.



You should only go to the emergency room (ER) for severe problems that can't wait for a doctor's appointment. You should see your network doctor for routine treatment, like when you need antibiotics for an infection.

There is a \$100 co-pay every time you go to the ER. The 32BJ Health Fund only will reimburse you if you are admitted to the hospital from the ER or if you called the Nurse Line and the nurse recommended that you go to the ER.



CALL THE NURSE LINE (OPEN 24/7) IF YOU'RE
HAVING A HEALTH PROBLEM: 866-271-7425.

FREE seasonal flu shot

Available to eligible 32BJ members and dependents age 18 or older. This flu shot clinic is not open to pregnant women or children.

When?

Wednesday, October 12	● 9 am – 4:30 pm
Thursday, October 13	● 9 am – 5:30 pm
Friday, October 14	● 9 am – 4:30 pm
Tuesday, October 18	● 9 am – 4:30 pm
Wednesday, October 19	● 9 am – 5:30 pm
Thursday, October 20	● 9 am – 4:30 pm
Tuesday, October 25	● 9 am – 4:30 pm
Wednesday, October 26	● 9 am – 5:30 pm
Thursday, October 27	● 9 am – 4:30 pm
Tuesday, November 1	● 9 am – 1pm
Wednesday, November 2	● 2 pm – 5 pm
Thursday, November 3	● 9 am – 4:30 pm
Tuesday, November 8	● 9 am – 1 pm
Wednesday, November 9	● 2 pm – 5 pm
Tuesday, November 29	● 9 am – 1 pm
Wednesday, November 30	● 2 pm – 5 pm

Where?

Union Health Center
275 7th Avenue
(between 25th and
26th Streets)
4th Floor
Manhattan



WHILE SUPPLIES LAST!

**FREE
FLU
SHOTS**

s at a new location



V
ION!

*Bring your
UnitedHealthcare ID card.*

Don't let the flu get you down

Flu season will be here soon. Seasonal flu is a contagious lung infection that can make you feel miserable. For some people, it can be deadly. Get the flu vaccine to avoid the flu and prevent its spread. It's FREE if you come to the Union Health Center in Manhattan (see times and location above left). You'll pay the co-pay for an office visit if you go to your network doctor.

Most people recover without medical treatment, but see your network doctor if you have flu symptoms – fever, cough, headache, chills, extreme tiredness, runny nose, stomach problems (nausea, vomiting, diarrhea).

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Building Service 32BJ Benefit Funds
101 Avenue of the Americas
New York, NY 10013



Calendar

FREE seminars for security officers

- *Fire Guard for Office Buildings*
Wed, Nov 16, 6-9 pm
- *Security: Crime Prevention through Environmental Design*
Call the Shortman Fund at 212-388-3701 for details.

John Jay College Seminar Series:

- *Diversity Appreciation/Cultural Competency*
Mon, Oct 3, 6-9 pm
- *Emergency Response and Crisis Management*
Tues, Dec 6, 6-9 pm
- *Ethics*
Call the Shortman Fund at 212-388-3701 for details.
- *Interacting with Emotionally Disturbed Persons (EDP)*
Call the Shortman Fund at 212-388-3701 for details.

We offer the 8-hour annual security training every month that New York State requires you to take yearly. Do not wait until the end of the year!

To register:

ONLINE

Go to
training.32bjfunds.com
or www.seiu32bj.org.



BY PHONE

Call 212-388-3701



IN PERSON

8 am – 9 pm,
Mon-Fri

Shortman Fund, 101
Ave of the Americas,
7th Floor, NY, NY 10013

