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



## Don't forget

### Protect your loved ones

Be sure to complete your MetLife life insurance beneficiary form – and to keep it up-to-date. Your beneficiary is the person you choose to receive your life insurance in case something happens to you. You can choose more than one person – and you can change your mind and complete a new form anytime.

To get a beneficiary form, call MetLife at 866-492-6983.



### Benefit overview

**MEDICAL, HOSPITAL, BEHAVIORAL HEALTH, SUBSTANCE ABUSE and 32BJ LIFE INSURANCE BENEFITS** are through the 32BJ Suburban Plan for the School District of Philadelphia.

Call the 32BJ Health Fund's Member Services Department with questions: **877-605-8300** (Monday – Friday, 8:30 am – 5:00 pm)

*This toll free number is just for your plan.*

**PRESCRIPTION DRUG, VISION, DENTAL AND PODIATRY BENEFITS – and the 1201 DEATH BENEFIT –** are through the 1201 Health and Welfare Fund.

Call the 1201 Fund with questions: **215-627-9220** (Monday – Friday, 8:00 am – 4:30 pm)



Issue #6  
October 2011

# Benefit Matters

Benefit news for 32BJ School District of Philadelphia Employees

## Helpful Hints

### We're moving!

The main offices, located in New York, of 32BJ and the 32BJ Health Fund will be moving soon. The new space will save us a lot on rent. As we move, there will just be one day when you won't be able to reach us by phone.

**Friday, November 11:** The New York office will be closed and all phone lines will be down.

**Monday, November 14:** The New York office will be closed, but you can reach us by phone after 10 am.

**Our new address as of Monday, November 14:**

**32BJ Health Fund  
25 West 18th Street  
NY, NY 10011-4676**

## Mammograms matter

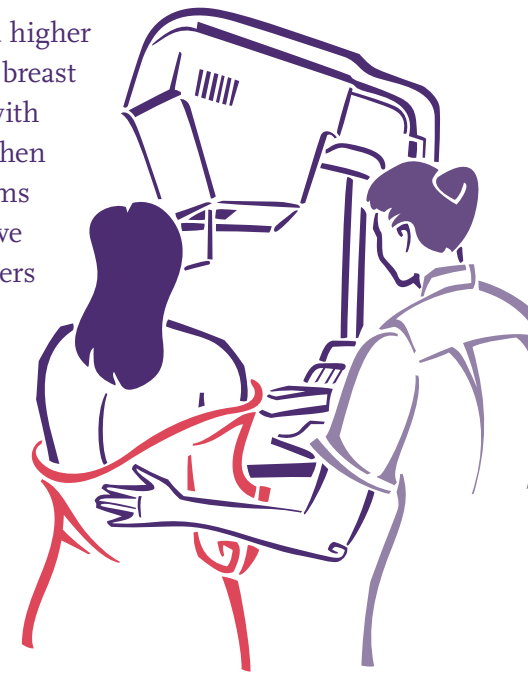
**A** mammogram is an essential first step to catching breast cancer early. A mammogram can detect lumps before they are large enough to feel during a breast exam.

Women age 40 and older should have a mammogram every 1 or 2 years. Your plan covers yearly mammograms for women 40 and over.

Women who are at a higher than average risk of breast cancer should talk with their doctor about when to have mammograms and how often to have them. Your plan covers mammograms regardless of age, if recommended by your doctor, for those who have a past history of breast cancer or who have a mother, sister or child with a

history of breast cancer. Be sure to use a participating provider for no out-of-pocket cost to you.

Women have the best chance of getting successful treatment when breast cancer is caught early. **Make an appointment for your mammogram today!**



# Don't let the flu get you down

## Give it a shot

Flu season is here. Seasonal flu is a contagious virus that can infect the nose, throat and lungs. The flu can make you feel miserable. For some people, it can be deadly. The virus spreads mainly by the tiny droplets that people with the flu emit when they cough, sneeze or talk getting into the mouths or noses of others nearby.

The flu vaccine is your best shot at avoiding the flu. According to the Centers for Disease Control, the federal agency dedicated to protecting public health, everyone 6 months of age and older should get the vaccine every year.

Flu shots are free if you see a doctor in your health plan. Just pay your co-pay for a doctor's visit. Many pharmacies also offer the flu shot – and most take your plan, so there's no cost to you.

If you get the flu, stay home and avoid contact with other people. Most of the time this is a mild illness and you do not need medical care. However, young children, pregnant women and those with asthma or diabetes should contact their in-network doctor if they have the flu. If you do not have these conditions but you are concerned about your illness, call your in-network doctor.

## Flu symptoms

- Fever
- Sore throat
- Muscle or body aches
- Extreme tiredness
- Cough
- Runny or stuffy nose
- Headaches
- Vomiting and diarrhea (more common in children)



You might not have all these symptoms, but if you think you have the flu, remember to stay home and stay away from other people.



### To find a network doctor or hospital:

CALL Member Services at **877-605-8300**.

ONLINE: Go to the Empire Web site, **[www.empireblue.com](http://www.empireblue.com)**, and follow the link to find a doctor. Click on **Across the country** and choose **PPO/EPO** as your health plan.

## 5 steps to fight the spread of germs

- 1.** Cover your nose and mouth with a tissue when you cough or sneeze – and throw the tissue out right away.
- 2.** Wash your hands often with soap and water. Use hand sanitizer if there's no place to wash your hands.
- 3.** Avoid touching your eyes, nose and mouth.
- 4.** As much as you can, stay away from people who are sick.
- 5.** And when you're sick, stay away from people as much as you can. If you have flu symptoms, stay home for at least 24 hours after your fever is gone.

