



CURRENTS

SAN DIEGO ELECTRICAL TRUSTS

Issue 87

October 2017



Mr. Stark started his career in the Electrical industry in 2003 as an IBEW apprentice at the San Diego Electrical Training Center. The knowledge and skills he gained as a result of his education at SDETC and on the job training were honed over his 5-year apprenticeship. In

2008, he graduated from the apprenticeship program and accepted an offer from SDETC to teach the third year apprenticeship course, APIW106, as well as journeyman classes including EVITP, CALCTP, and CALCTP-AT. His commitment and passion for teaching and to his student's education is something he wished to make clear and evident with his actions. James would work his 40+ hrs per week during the day and then teach 2-4 classes per week at night. If asked, he will tell you that he thoroughly enjoys his work and the people he works with. In 2011,

he became a foreman with Baker Electric Inc. specializing in Lighting controls and title 24 acceptance testing. As a CALCTP-AT certified technician his job tasks included assessing the lighting controls specified on engineered drawings, the fixture submittal, the controls submittal, customer specifications, and Title 24 compliance, to ensure compatibility and conformance. He would also design and program various lighting control systems for Bakers' customers. If none of the above was critical or available then he was tasked with various service calls, job startups, close outs, and job walks or assessments. In 2013, he was chosen by SDETC to go to the National Training Institute which is the four year training program provided by IBEW and NECA to elevate ones teaching skills. He graduated from that program this August, 2017. He has worked part time for SDETC nearly 9 years and has been an IBEW member for going on 14 years.

NAVITUS FLU SHOT PROGRAM - \$0 CO-PAY

The PPO Plan and Navitus have joined together to provide vaccine services to covered participants through the pharmacy benefit. In the United States, annual vaccination against seasonal influenza (flu) is recommended for all persons aged six months and older. On average, between 5% and 20% of Americans become infected with the flu each year and more than 200,000 people are hospitalized with complications. For these reasons, vaccination is a wise investment for protecting your health.

There are more than 40,000 participating Navitus network pharmacies across the country that will provide immunizations for covered participants. You can find a list of pharmacies participating in this program on the Navitus website – www.navitus.com. Log in to the secure member portal under the Members tab to find a list of participating pharmacies.

NO PRESCRIPTION IS REQUIRED TO RECEIVE THE VACCINE. Please note that only immunization-certified pharmacists can administer vaccines. Please call the pharmacy before you go to see if a certified pharmacist will be available to give you the vaccine.

If you are covered under the PPO Plan at the time of your vaccination your

co-pay for the vaccine at participating pharmacies will be \$0. Please make sure to present your Trust ID Card or pharmacy benefit ID card to the pharmacy. This will ensure you are charged the correct co-pay.

WHICH VACCINES ARE AVAILABLE? Influenza, Pneumonia, Tetanus, Hepatitis, Meningitis, Shingles, Measles Mumps and Rubella (MMR), Human Papilloma Virus (HPV), Pertussis and Varicella. Some vaccinations are available based upon the age of the participant.

WHY SHOULD I GET VACCINATED? Vaccinations are an important way to protect your health and the health of people around you. The PPO Plan and Navitus are pleased to offer this service as another way to help you maintain good health!

WHO CAN I TALK TO IF I HAVE QUESTIONS ABOUT THIS PROGRAM? You can call Navitus Customer Care at the toll-free number listed on your Trust ID card or pharmacy benefit ID card. Navitus Customer Care is available 24 hours a day, 7 days a week (closed Thanksgiving and Christmas day) at (866) 333-2757.

If you have questions about whether you should get any vaccine(s), consult with your physician.

WHEN YOU NEED TO BE SURE, CALL BEST DOCTORS AT NO OUT-OF-POCKET COST

The Best Doctors program is available to covered participants in Plan A PPO, Kaiser, Plan B Kaiser or Plan C Kaiser at no out-of-pocket cost.

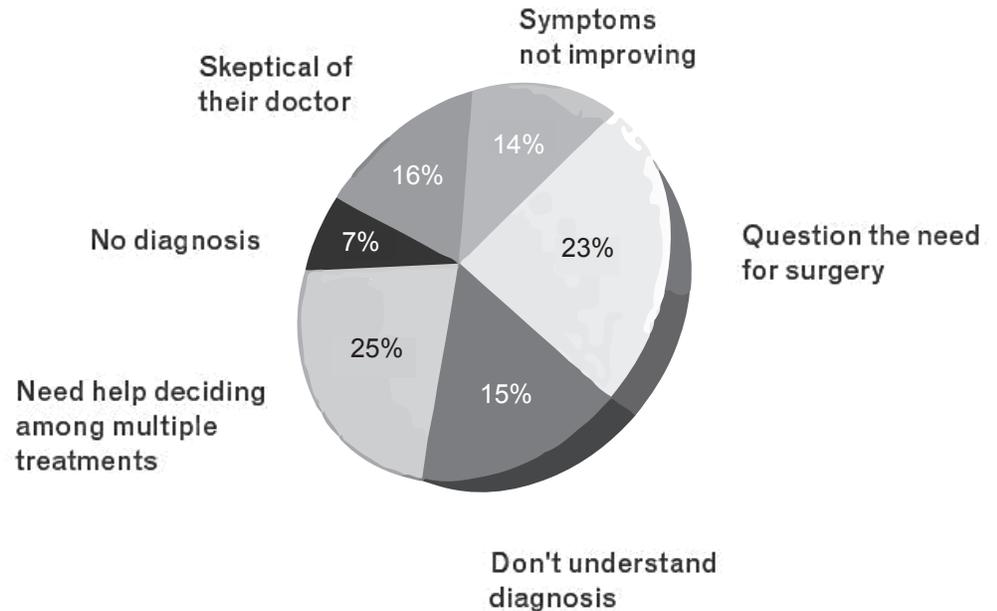
BEST DOCTORS HELPS TO SAVE LIVES AND CONTRIBUTE TO PARTICIPANTS ACHIEVING OPTIMAL MEDICAL OUTCOMES. BY PREVENTING UNNECESSARY, IMPROPER OR INAPPROPRIATE TREATMENT OVER THE LAST 6 YEARS PARTICIPANTS AND THE PLAN HAVE SAVED HUNDREDS OF THOUSANDS OF DOLLARS IN CLAIM COSTS WHICH HELPS TO KEEP THE HOURLY CONTRIBUTION RATE AS LOW AS POSSIBLE.

HAS YOUR DIAGNOSIS HAD ITS CHECK-UP? BE ABSOLUTELY SURE, CALL BEST DOCTORS.

If you are unsure about your diagnosis, call today. Best Doctors will give you answers from world renowned doctors. One simple phone call starts your Best Doctors Check-up - a process that uses expert doctors to answer the two basic questions: Is my diagnosis correct? And what is the right treatment?

Healthcare decisions are difficult to make on your own. As a result, thousands of people experience uncertainty about their diagnosis or their treatment.

REASONS WHY PEOPLE CALL BEST DOCTORS



Call Best Doctors today at 866-904-0910 for this free and confidential service without stepping away from your home. If there are any questions please contact the Trust Office (x702).

PLAN A DELTA DENTAL BENEFITS MODIFICATION COMING

The current calendar year maximum is \$2000 which covers all eligible dental services rendered during the year such as basic cleanings, x-rays & exams, fillings, crowns, bridges, etc. This Plan's \$2000 maximum amount falls in the top 1/3 of all Delta Dental plans in California.

How much the Plan pays depends on whether or not the participant utilizes a Delta Dental PPO provider. For services rendered by a PPO provider the Plan covers basic cleanings, x-rays and exams at 100%, while all other covered dental work will be paid at 90%. Services rendered by other than a PPO provider are subject to a \$50 calendar year deductible and all covered charges are payable at 70%.

Plan A Delta Dental Schedule of Benefits Modification Effective January 1, 2018: In the event a participant exhausts their calendar year maximum it will be possible to continue to receive diagnostic and preventive cleanings, x-rays & exams during the remainder of the calendar year that would have been covered had the calendar year maximum not have been exhausted. Benefits for all such services will be paid in accordance with the co-insurance percentages noted above for PPO or non-PPO dental providers.

For all of 2016, 82.5% of participants using their dental coverage took advantage of lower costing PPO providers whose services were covered at 100% or 90%. To locate a Delta Dental PPO provider call (800) 427-3237 or visit www.deltadentalins.org.

COSTCO HAS REPLACED MEDVANTX FOR RX MAIL ORDER

Costco replaced MedVantx as of October 1, 2017, which is expected to substantially reduce the cost of mail order medications. *It is also permissible for all other PPO participants to consider using Costco's mail order or Retail 90 services for their maintenance medications by comparing pricing with those for your current prescriptions.*

A Costco membership is NOT required to utilize their pharmacy. In addition, with use of their mail order program it will be possible to set up automatic refills and prescription renewal via the Costco web site.

The Costco Mail Order Pharmacy is an extension of the current PPO Plan prescription drug benefit. Mail order service would allow you to take advantage of the convenience of having your maintenance medications delivered to your home or workplace. Costco Mail Order Pharmacy offers two great ordering services: *Online Ordering* and *Traditional Mail Order*.

Traditional Mail Order requires you to order all your prescriptions via mail or phone. Traditional Mail Order also accepts personal checks and Electronic Funds Transfer as forms of payment. *Online Ordering* service requires you to order all your new prescriptions online at **pharmacy.costco.com**. You will need to create an online account. Please remember that each individual receiving medications must have their own unique email address in order to create an online account. All communication between you and the pharmacy will be done via email.

To take advantage of this new program please follow these instructions:

How do I begin using Online Ordering and Set up an account online?

Visit **pharmacy.costco.com**. Click "Sign In/Register". Select Create Account, and enter

your email address and a password. Please note: Each patient (self, spouse, dependent(s), etc.), independent of whether or not they are covered by the Plan, must have his or her own unique email address to create an online account. Enter all required information to set up your online patient account including information regarding drug allergies, medical conditions, brand/generic preferences, etc. Click the "New Prescriptions" link and follow the steps below:

1. Log in.
2. Provide prescription information, including physician name, drug name and shipping method.
3. Confirm your order and mail the prescription to the address provided.

Costco Pharmacy will begin processing your order once this request and the original prescription is received at our facility. Costco Mail Order Pharmacy does not hold prescriptions. Please send only prescriptions to be ordered immediately. Once an order has been processed, it cannot be stopped. Costco cannot accept returns.

How do I begin using the Traditional Mail Order service?

You will need to complete a Traditional Mail Order Patient Profile form and submit it to the Mail Order Pharmacy. Each Mail Order prescription you receive will contain a Refill Order Form. It is Costco's goal to have your order in your hands 14 days after Costco receives it at the processing facility. Please allow a few extra days when placing an order for the first time. Please remember to calculate the amount of time it may take for your prescription(s) request to leave your household and reach the facility. Once Costco receives your order it will leave the facility within one to

four days. Costco offers free standard shipping. Expedited shipping options are available for an additional fee. If you do not receive your order in 14 days, please contact Costco Mail Order Pharmacy at the toll-free number provided.

If you need to start your medication immediately or do not have enough to last you at least two weeks, request two prescriptions from your prescriber: One for an initial short-term supply of your maintenance medication that your local retail pharmacy can fill immediately, and a second for a 90-day supply, including refills that can be submitted to Costco Mail Order Pharmacy.

Payment Process for Service

For your convenience and to make quick and secure payments, Costco accepts Visa, MasterCard, Discover and Costco Credit Cards. Typically, orders paid with a credit card are processed up to two days faster.

Costco Customer Service- Refill

Call 1-800-607-6861. Costco's 24-hour automated telephone system guides you through the refill ordering process. Be sure to have your prescription number available.

Or **Online**: Visit **pharmacy.costco.com**. Click the "Refill Prescriptions" link. You can also speak to a pharmacy member Monday through Friday 5 a.m. to 7 p.m. (PST) Saturday 9:30 a.m. to 2 p.m. (PST)

If you have any questions, please contact Navitus Customer Care Department at (855) 673-6504, 24 hours a day, 7 days a week for additional information.



TRUST WEBSITE REGISTRATION PROMOTION!

As part of encouraging all participants to register on the newly developed website, the Trust Office is running a promotion. **All participants currently registered and all participants who register on the new Trust Website by March 31, 2018 will automatically be entered into a drawing for a \$250 gift card!** As part of the promotion, four (4) \$250 gift cards will be given away.

So Why Register for the Website?

Participants who register on the site will have access to their hours worked, eligibility status,

and utilization of the pension estimator to determine future benefits upon retirement. The site also contains access to each Trust's Plan Documents including the current Summary Plan Descriptions (SPD). Links to the service providers for whom the Trusts are contracted with are available. Clicking on these service provider links will take you directly to that organization's website whether to find a doctor, dentist, and other providers or maybe to see the benefits that are provided. Important articles relating to any of the Trusts, which also appear in these "CURRENTS" newsletters, are displayed on the website's home page. Many of the Trusts'

documents/forms/applications may also be found on the website. Coming soon, participants who opt-in to electronic communications will be able to receive their Explanation of Benefit (EOB) forms online as well. Ultimately, we hope to make the www.569trusts.org website your first and best stop for all benefit related questions.



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REMINDER! WALGREENS & RITE AID ARE OUT OF RX NETWORK

Just another reminder that PPO participants who used Walgreens or Rite Aid pharmacies should be moving their prescriptions to other pharmacies in the Navitus network as there will no longer be coverage under the Plan for prescriptions filled at either of those chains and the person filling the prescription will have to pay 100% of whatever the pharmacy decides to charge them. Alternatives include just about every other pharmacy chain, Costco, super markets with pharmacies like Albertsons, Ralphs and Vons, or independent pharmacies and **better overall pricing is now available at CVS pharmacies.**

According to Navitus there should routinely be a **CVS or alternate network pharmacy** within 1-2 miles of any Walgreens or Rite Aid pharmacy you may now be using and it is understood that changing pharmacies may create a minor inconvenience. To locate pharmacies other than Walgreens and Rite

Aid in the Navitus network go to <https://www.navitus.com> and click on the Members tab. Once logged in, you can click on the "Pharmacy Search" tab in the left hand column. Or take it one step further and utilize the "Cost Compare" tab to find the lowest cost for your prescription medication at network pharmacies in your area.

It is very easy to move your prescription(s) from Walgreens or Rite Aid pharmacies to **any other Navitus network pharmacy** by taking the Rx bottle or box with all of the prescription information on it to another pharmacy as the prescription will be switched over right then and there and any remaining refills will be available through that pharmacy. Thereafter, all new prescriptions need only be sent to the new pharmacy.

If you have any questions please contact the Trust Office (x-702).

HEALTH INFORMATION SOURCES

Best Doctors - 1-866-904-0910 or www.bestdoctors.com; or **Navitus (retail pharmacy and specialty medications)**: 1-866-333-2757; **"NurseLine"** - 24/7 access to Registered Nurses at 800-250-6181 <http://healthresources.caremark.com/topic/specialty>; For researching or grading doctors and hospitals: www.healthgrades.com, www.leapfroggroup.org, www.calhospitalcompare.org, www.hospitalcompare.hhs.gov or <http://www.npdb-hipdb.hrsa.gov>
National Practitioner Data Bank/Healthcare Integrity and Protection Data Bank may be used to verify information on a healthcare provider; and <http://www.medbd.ca.gov/lookup.html> - **Medical Board of California for physician licensing. Cal Hospital Compare (formerly CHART)** combines ratings for quality of care, patient safety and patient experience in an effort to help consumers make informed choices via its website: www.CallHospitalCompare.org.

