

Benefits Express

A publication of the Western States Health and Welfare Fund of the OPEIU

<http://www.westernstates.aibpa.com>

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PROVIDER CONTACT INFORMATION

Kaiser Permanente
Membership Services
800-813-2000
800-813-2000
www.kaiserpermanente.org

LifeWise
Customer Service
800-596-3440
www.lifewiseor.com

Express Scripts
Customer Service
800-782-8452
www.express-scripts.com

Willamette Dental
Appointment Center
503-644-3200
800-461-8994
Patient Relations
503-644-6444 Option 8
800-460-6444 Option 8
www.willamettedental.com

Trust Dental Plan
Eligibility
800-547-4457 ext. 1678
Claims
800-547-4457 ext. 1665

VSP
Customer Service
800-877-7195
www.vsp.com

Health Care Changes For the 2010 Plan Year

Health Care Changes For the 2010 Plan Year

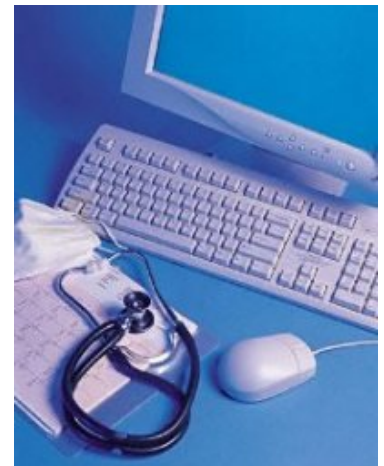
The Board of Trustees is pleased to offer a comprehensive benefit plan to the membership. For the 2010 Plan year there are few benefit changes as follows:

LifeWise: The new co-pay for services is \$20.00. The Individual deductible is \$300.00 and a family deductible \$600.00.

Kaiser: A Vision Benefit has been added to the Kaiser Benefit package. Please note that Kaiser Participants will only use Kaiser Facilities for their eye care.

VSP: The benefit for the purchase of frames has been increased to \$130.00.

For more information regarding your benefits, visit the Western States web site at www.westernstates.aibpa.com or contact Trust Client Services at 800-547-4457 extension 1678.



Some Tips to Better Health in 2010

The New Year always brings thoughts of a new start. Here are some great tips from SOBeFit for a better you in 2010.

1. Adopt a regular exercise routine, and be sure to have several different routines that you can switch out each day. Be sure to consult your doctor before assuming a regular exercise routine.
2. Achieve a balance between work and your family life.
3. Be sure to use your Wellness benefits, and get a physical in 2010! And if you regularly get check-ups, be sure to keep them up! Think of your personal Wellness as a journey not just a goal.
4. Restrict your calorie intake. Calorie-counting is often better than fad diets.
5. Find ways to be happy! Happiness can go a long way towards healthy living.
6. Avoid stresses that are "toxic," like feelings of hopelessness and defeat!
7. Avoid smoking.
8. Use your head! The secret to healthy living begins with a healthy mind!



Happy New Year to you! Best of health to you in 2010!

Source: "Top Health Tips for 2010"
www.sobefitmagazine.com

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Mailing Address Line 4
Mailing Address Line 5

Medical Coverage Extension Available January 1 for Seriously Ill Dependents

Your children are eligible for coverage under Western States Health and Welfare Trust until age 21 if they meet the Plan's requirements (dependent on you for support, unmarried, etc.). After the end of the month in which a child turns 21, in addition to the usual requirements, they must be a full-time student in an accredited school to continue coverage.

Effective January 1, 2010, the full-time student requirement will be waived for one



year for a dependent who becomes seriously ill or injured while covered on the Plan, under a new Federal law known as Michelle's Law. This means your dependent could continue to be covered under the Plan for up to one year (or until the end of the month that he or she turns 23, whichever occurs first), even if he or she is unable to attend school.

Contact the Trust Office for more information.

Dental Claims On-Line!

We are very excited to announce that A&I is upgrading its member web portal, where you can view your dental claims.

Just like the current on-line system, the new system offers a comprehensive, user-friendly portal allowing you to view dental eligibility, claims history, deductibles met, electronic EOBs, as well as request a new ID card and print a temporary ID card. Our new system is more robust and provides enhanced internet security for users.

What you need to know:

- If you have a MediWeb log-on, you must re-register. Go to our client website at www.westernstates.aibpa.com and click on "Health & Welfare" tab and then click "Online Claim Status". Once there, click the link in the middle of the screen and register as a new user.
- You need to register using a 12-digit member ID number. If your dental ID card reads "8101-02345" and you are the employee, type in 081010234500. If you are the spouse, type in 081010234501, and if you are a dependent, type in 08100234502.

If you need assistance, please contact the Trust office at 1-800-547-4457 or 503-224-0048 ext. 1678.

Reminder

The Trust office will be closed on
February 15 President's Day