



NCILHWF | office
4208 W. Partridge Way, Unit 3
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February 2007

Dear Fund Participant:

The Board of Trustees is pleased to announce a benefit enhancement for you and your eligible dependents. Effective March 1, 2007, we will be offering the *Healthy Together* program administered by APS Healthcare.

Healthy Together is a voluntary disease management initiative designed to assist individuals in managing chronic health conditions and the impact they have on your daily life. The *Healthy Together* programs are being offered to you at no cost, as the North Central IL Laborers' Health & Welfare Fund is paying for the programs on behalf of all plan members. APS has over ten years of experience in helping people with chronic health care needs. Utilizing a staff of registered nurses, dietitians, physical and respiratory therapists certified diabetes educators, behavioral health therapists and physicians, the *Healthy Together* team offers support, guidance and education on your condition and how you can begin to control it. Working together with you and your doctor, your APS Health Coach will help develop a personalized care plan that fits your specific needs. Programs are available for Low Back Pain, Depression, Cancer, Asthma, Diabetes, Coronary Artery Disease, Hypertension and Heart Failure.

You may enroll in the *Healthy Together* program by simply calling APS at 1-866-279-6303. Additionally, if you have experienced claims for any of these chronic conditions, APS may be contacting you over the next few months to describe the benefits of the program in greater detail.

We encourage you to take advantage of this new benefit. If you have one of above listed disease states and enroll in the program for a full quarter, you will receive three \$10 SavRx Vouchers at the end of that quarter. Therefore if you participate for four quarters you would receive a total of \$120 in vouchers for one year of enrollment. The vouchers can only be used toward prescription drugs for you and your dependents as long as you are eligible with the Fund. There are no over the counter purchases.

The Board of Trustees is excited about the tools that *Healthy Together* offers our participants and the opportunities they present to impact your quality of life.

Sincerely,
Board of Trustees
North Central IL Laborers' Health & Welfare Fund



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Dear Fund Participant:

Please remember if there is a change to your marital or dependent status it is your responsibility to contact the Fund office for the paperwork to make changes.

If changes are not reported to us, the Fund may be paying claims for spouses or dependents that would otherwise be terminated which ultimately raises costs.

If you have any questions, please call our office.

Sincerely,

Board of Trustees
North Central IL Laborers' Health & Welfare Fund