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Dear Participant:

This notice contains important information regarding changes to your North Central Illinois Laborers' Health & Welfare Fund benefits.

Coverage for Nutritional Counseling

Effective **May 1, 2019 through April 30, 2020**, the Plan will cover up to two visits to a licensed and certified professional for medically necessary nutritional counseling. Nutritional counseling will be subject to the Plan's same copayment amount as a primary care office visit. The copayment will be \$20 per nutritional counseling session.

Remember that this benefit will only be in effect for one year. After April 30, 2020, the Plan will no longer cover visits to a licensed professional.

This new coverage will include the following changes to the 2016 Edition of the Plan's Summary Plan Description & Plan Document:

1. The following bullet will be added to the list of "Medical Covered Charges" on page 37:
 20. Effective May 1, 2019 through April 30, 2020, the Plan will cover up to two visits to a licensed and certified professional for medically necessary nutritional counseling. Nutritional counseling will be subject to the Plan's same copayment amount as a primary care office visit. The copayment will be \$20 per nutritional counseling session. After April 30, 2020, the Plan will no longer cover visits to a licensed professional.
2. In the "Medical Exclusions and Limitations" section that starts on page 72, the following changes will be made:
 - a. Item 13 on page 72 is revised to read as follows:
 13. Services, supplies or surgical procedures for the treatment of a condition of obesity, except that certain services for the treatment of a condition of obesity will be payable if the following criteria are met:
 - a. The covered individual is 75% or more over his/her medically desirable weight;
 - b. The obesity is a threat to the covered individual's life due to other complicating factors; and
 - c. The member has a documented history of unsuccessful attempts to reduce weight by more conservative measures.

From May 1, 2019 to April 30, 2020, the Plan will cover nutrition counseling as specified in Item 20 on page 37.

b. Item 24 on page 73 is revised to read as follows:

24. Services received that are not performed by a Physician or under the direct supervision of a Physician. Notwithstanding the foregoing, the Plan will cover nutrition counseling as specified in Item 20 on page 37 from May 1, 2019 to April 30, 2020.

Questions?

If you have questions about this change or your benefits in general, please contact the Fund Office. Please retain this in the front pocket of your Summary Plan Description Booklet.

Sincerely,
Board of Trustees

This announcement, which serves as a Summary of Material Modifications (SMM), contains only highlights of recent changes to the North Central Illinois Laborers' Health & Welfare Fund. Full details are contained in the documents that establish the Plan provisions. If there is a discrepancy between the wording here and the documents that establish the Plan, the document language will govern. The Trustees reserve the right to amend, modify, or terminate the Plan at any time. Please keep a copy of this SMM with your copy of the Fund's Summary Plan Description (SPD).