

DISTRICT NO. 9, I. A. of M. & A. W.

Pension Trust • Welfare Trust

12365 St. Charles Rock Road • Bridgeton, MO 63044

Phone: 314-739-6442 • Toll Free: 888-739-6442 • Fax: 314-739-2374 • www.d9trusts.org

Enclosed please find your June Newsletter along with this announcement of another free service from Meritain for our membership.

Take advantage of your new Meritain Health Nurse Health Coaching program! If you have a health condition, you can take advantage of one-to-one coaching from a nurse through the Meritain Health Nurse Health Coaching program. It is confidential, it can help you manage your condition, and it is available as part of your health benefits—so it is no cost to you!

You are eligible for Meritain Health Nurse Health Coaching if you have been diagnosed with asthma*, Chronic Obstructive Pulmonary Disease (COPD), chronic pain, Chronic Kidney Disease (CKD), Congestive Heart Failure (CHF), Coronary Artery Disease (CAD), diabetes*, high blood pressure or high cholesterol.

When you enroll in the program, you will speak regularly with a registered nurse, who can help you understand and control your condition. Your nurse can send you additional educational information and support you when your condition is difficult to manage.

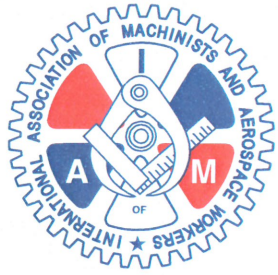
If you have questions, or to enroll in the Meritain Health Nurse Health Coaching program call **1.888.610.0089**.

Yours in good health,

District No. 9 Welfare Trust

*Pediatric asthma and diabetes programs are also available.





DISTRICT NO. 9 IAMAW
PENSION & WELFARE
TRUSTS

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Important Dates:

July

4th Closed

September

2nd Closed

October

12th Health Fair

November

11th Closed
28th Closed
29th Closed

December

24th Closed
25th Closed

For Your Benefit

VOLUME 23, ISSUE 1

JUNE, 2019

Mark Your Calendar for the 22nd Annual Health Fair Flu Shots Available on Friday and Saturday

The annual Health Fair is set for Saturday, October 12 from 8:00 am until noon at the union hall in Bridgeton, MO. As always, we will have a variety of health screenings and health resource information free of charge. Flu shots will also be available for those age 4 years and over.

Once again, we will also offer flu shots only (no testing Friday) on Friday, October 11 from 2:00 pm until 7:00 pm.

We encourage our members and families to take advantage of this healthy fun filled opportunity. We look forward to seeing you there!

Talk to a Doctor Anytime for FREE!



Teladoc gives you 24/7/365 access to U.S. board-certified doctors through the convenience of phone, video or mobile app visits. It's an affordable alternative to costly urgent care and ER visits when you need care now.

Teladoc doctors can treat many medical conditions, including cold & flu symptoms, allergies, sinus problems, ear infection, urinary tract infection, respiratory infection, skin problems, and more!

There is no Teladoc ID or promo code to use to set up your account. Input **Meritain Health** for *Enter Employer, Insurance Provider, or Organization Name*. If at any point you encounter issues, call Teladoc customer service anytime.

MyDrConsult.com

1-800-DOC-CONSULT (362-2667)



Step Up Your Health With A Walking Program

Walking is an easy way to get active

Research shows that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce your risk of many health conditions, including coronary heart disease, osteoporosis, breast and colon cancer, and type 2 diabetes.
- Improve your blood pressure and blood sugar levels.
- Lower your risk of obesity.
- Enhance your mental well-being.

Start your walking program in five steps

1. Start your walk with a five-minute warm up and end with a five-minute cool down. Gently stretch after your cool down to reduce your risk of injury.
2. Every time you go for a walk add five minutes to your routine until you reach your desired length of walking time.
3. Once you've built up your walking time, aim for at least 30 minutes of moderate-to-vigorous physical activity, five days a week.
4. You don't have to do it all at once. If you're short on time, break up your physical activity throughout the day. Three 10-minute sessions is the same as one 30-minute session.
5. If you want to lose weight, aim for 60 to 90 minutes of moderate-to-vigorous physical activity each day.



Grab a friend

Exercising with a partner can be much more motivating than walking alone, and it's fun. When starting your walking program, walk with a friend or co-worker, or consider putting together a walking club.

You can find a walking club near you by visiting the American Heart Association's website: www.StartWalkingNow.org.

If you have a chronic condition and need help getting active

Members enrolled in a company sponsored medical plan are eligible for the Meritain Health Nurse Health Coaching Program. Call 1.888.610.0089 to enroll or learn more.

**TRUSTEES OF DISTRICT NO. 9, INTERNATIONAL ASSOCIATION OF MACHINISTS
WELFARE TRUST**

12365 ST CHARLES ROCK ROAD, BRIDGETON, MO 63044

**Summary Annual Report for the
DISTRICT NO. 9, INTERNATIONAL ASSOCIATION
OF MACHINISTS AND AEROSPACE WORKERS WELFARE TRUST**

This is the summary annual report for the DISTRICT NO. 9, INTERNATIONAL ASSOCIATION OF MACHINISTS AND AEROSPACE WORKERS WELFARE TRUST, (Employer Identification No. 43-0648504, Plan No.501) for the period July 1, 2015 to June 30, 2016. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$148,127,036 as of June 30, 2016 compared to \$144,740,744 as of July 1, 2015. During the plan year the plan experienced an increase in its net assets of \$3,386,292. This increase includes unrealized appreciation or depreciation in the value of plan assets; that is, the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had a total income of \$48,391,466. This income included employer contributions of \$42,444,210, employee contributions of \$278,111, realized losses of \$461,906 from the sale of assets and earnings from investments of \$6,131,051. Plan expenses were \$45,005,174. These expenses included \$2,519,904 in administrative expenses and \$42,485,270 in benefits paid to participants and beneficiaries.

Your rights to additional information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report.

1. An accountant's report;
2. Assets held for investment;
3. Transactions in excess of 5 percent of the plan assets; and
4. Insurance information including sales commissions paid by insurance carriers.
5. Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates.

To obtain a copy of the full annual report, or any part thereof, write to or call the office of TRUSTEES OF DISTRICT NO. 9 INTERNATIONAL ASSOCIATION OF MACHINISTS WELFARE TRUST, Plan Administrator, 12365 ST CHARLES ROCK ROAD, BRIDGETON, MO, 63044, 314-739-6442. These portions of the report are furnished without charge.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. These portions of the report are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan: TRUSTEES OF DISTRICT NO. 9 INTERNATIONAL ASSOCIATION OF MACHINISTS WELFARE TRUST, Plan Sponsor, 12365 ST CHARLES ROCK ROAD, BRIDGETON, MO 63044, 43-0648504 and at the U.S. Department of Labor in Washington, D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: U.S. Department of Labor, Employee Benefits Security Administration, Public Disclosure Room, 200 Constitution Avenue, N.W., Suite N-1513, Washington, D.C. 20210.

Premium Assistance Under Medicaid and the Children’s Health Insurance Program (CHIP)

If you or your children are eligible for Medicaid or CHIP and you’re eligible for health coverage from your employer, your state may have a premium assistance program that can help pay for coverage, using funds from their Medicaid or CHIP programs. If you or your children aren’t eligible for Medicaid or CHIP, you won’t be eligible for these premium assistance programs but you may be able to buy individual insurance coverage through the Health Insurance Marketplace. For more information, visit www.healthcare.gov.

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, contact your State Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, contact your State Medicaid or CHIP office or dial **1-877-KIDS NOW** or www.insurekidsnow.gov to find out how to apply. If you qualify, ask your state if it has a program that might help you pay the premiums for an employer-sponsored plan.

If you or your dependents are eligible for premium assistance under Medicaid or CHIP, as well as eligible under your employer plan, your employer must allow you to enroll in your employer plan if you aren’t already enrolled. This is called a “special enrollment” opportunity, and **you must request coverage within 60 days of being determined eligible for premium assistance**. If you have questions about enrolling in your employer plan, contact the Department of Labor at www.askebsa.dol.gov or call **1-866-444-EBSA (3272)**.

If you live in one of the following states, you may be eligible for assistance paying your employer health plan premiums. The following list of states is current as of January 31, 2019. Contact your State for more information on eligibility –

ALABAMA - Medicaid	FLORIDA - Medicaid
Website: http://myalhipp.com/ Phone: 1-855-692-5447	Website: http://flmedicaidplrecovery.com/hipp/ Phone: 1-877-357-3268
ALASKA - Medicaid	GEORGIA - Medicaid
The AK Health Insurance Premium Payment Program Website: http://myakhipp.com/ Phone: 1-866-251-4861 Email: CustomerService@MyAKHIPP.com Medicaid Eligibility: http://dhss.alaska.gov/dpa/Pages/medicaid/default.aspx	Website: Medicaid www.medicaid.georgia.gov - Click on Health Insurance Premium Payment (HIPP) Phone: 404-656-4507
ARKANSAS - Medicaid	INDIANA - Medicaid
Website: http://myarhipp.com/ Phone: 1-855-MyARHIPP (855-692-7447)	Healthy Indiana Plan for low-income adults 19-64 Website: http://www.in.gov/fssa/hip/ Phone: 1-877-438-4479 All other Medicaid Website: http://www.indianamedicaid.com Phone 1-800-403-0864
IOWA - Medicaid	KANSAS - Medicaid
Website: http://dhs.iowa.gov/hawk-i Phone: 1-800-257-8563	Website: http://www.kdheks.gov/hcf/ Phone: 1-785-296-3512

KENTUCKY - Medicaid	NEW HAMPSHIRE - Medicaid
Website: https://chfs.ky.gov Phone: 1-800-635-2570	Website: https://www.dhhs.nh.gov/oii/hipp.htm Phone: 603-271-5218 Toll-Free: 1-800-852-3345, ext 5218
LOUISIANA - Medicaid	NEW JERSEY - Medicaid and CHIP
Website: http://dhh.louisiana.gov/index.cfm/subhome/1/n/331 Phone: 1-888-695-2447	Medicaid Website: http://www.state.nj.us/humanservices/dmahs/clients/medicaid/ Medicaid Phone: 609-631-2392 CHIP Website: http://www.njfamilycare.org/index.html CHIP Phone: 1-800-701-0710
MAINE - Medicaid	NEW YORK - Medicaid
Website: http://www.maine.gov/dhhs/ofi/public-assistance/index.html Phone: 1-800-442-6003 TTY: Maine relay 711	Website: https://www.health.ny.gov/health_care/medicaid/ / Phone: 1-800-541-2831
MASSACHUSETTS - Medicaid and CHIP	NORTH CAROLINA - Medicaid
Website: http://www.mass.gov/eohhs/gov/departments/masshealth/ Phone: 1-800-862-4840	Website: https://dma.ncdhhs.gov/ Phone: 919-855-4100
MINNESOTA - Medicaid	NORTH DAKOTA - Medicaid
Website: https://mn.gov/dhs/people-we-serve/seniors/health-care/health-care-programs/programs-and-services/other-insurance.jsp Phone: 1-800-657-3739 or 651-431-2670	Website: http://www.nd.gov/dhs/services/medicalserv/medicaid/ Phone: 1-844-854-4825
MISSOURI - Medicaid	OKLAHOMA - Medicaid and CHIP
Website: http://www.dss.mo.gov/mhd/participants/pages/hipp.htm Phone: 573-751-2005	Website: http://www.insureoklahoma.org Phone: 1-888-365-3742
MONTANA - Medicaid	OREGON - Medicaid and CHIP
Website: http://dphhs.mt.gov/MontanaHealthcarePrograms/HI_PP Phone: 1-800-694-3084	Website: http://healthcare.oregon.gov/Pages/index.aspx http://www.oregonhealthcare.gov/index-es.html Phone: 1-800-699-9075
NEBRASKA - Medicaid	PENNSYLVANIA - Medicaid
Website: http://www.ACCESSNebraska.ne.gov Phone: (855) 632-7633 Lincoln: (402) 473-7000 Omaha: (402) 595-1178	Website: http://www.dhs.pa.gov/provider/medicalassistance/healthisurancepremiumpaymenthippprogram/index.htm Phone: 1-800-692-7462
NEVADA - Medicaid	RHODE ISLAND - Medicaid
Medicaid Website: http://dhcfp.nv.gov Medicaid Phone: 1-800-992-0900	Website: http://www.eohhs.ri.gov/ Phone: 855-697-4347

SOUTH CAROLINA - Medicaid	VIRGINIA - Medicaid and CHIP
Website: https://www.scdhhs.gov Phone: 1-888-549-0820	Medicaid Website: http://www.coverva.org/programs_premium_assistance.cfm Medicaid Phone: 1-800-432-5924 CHIP Website: http://www.coverva.org/programs_premium_assistance.cfm CHIP Phone: 1-855-242-8282
SOUTH DAKOTA - Medicaid	WASHINGTON - Medicaid
Website: http://dss.sd.gov Phone: 1-888-828-0059	Website: http://www.hca.wa.gov/free-or-low-cost-health-care/program-administration/premium-payment-program Phone: 1-800-562-3022 ext. 15473
TEXAS - Medicaid	WEST VIRGINIA - Medicaid
Website: http://gethipptexas.com/ Phone: 1-800-440-0493	Website: http://mywhipp.com/ Toll-free phone: 1-855-MyWVHIPP (1-855-699-8447)
UTAH - Medicaid and CHIP	WISCONSIN - Medicaid and CHIP
Medicaid Website: https://medicaid.utah.gov/ CHIP Website: http://health.utah.gov/chip Phone: 1-877-543-7669	Website: https://www.dhs.wisconsin.gov/publications/p1/p10095.pdf Phone: 1-800-362-3002
VERMONT - Medicaid	WYOMING - Medicaid
Website: http://www.greenmountaincare.org/ Phone: 1-800-250-8427	Website: https://health.wyo.gov/healthcarefin/medicaid/ Phone: 307-777-7531

To see if any other states have added a premium assistance program since January 31, 2019, or for more information on special enrollment rights, contact either:

U.S. Department of Labor
 Employee Benefits Security Administration
www.dol.gov/agencies/ebsa
 1-866-444-EBSA (3272)

U.S. Department of Health and Human Services
 Centers for Medicare & Medicaid Services
www.cms.hhs.gov
 1-877-267-2323, Menu Option 4, Ext. 61565

Paperwork Reduction Act Statement

According to the Paperwork Reduction Act of 1995 (Pub. L. 104-13) (PRA), no persons are required to respond to a collection of information unless such collection displays a valid Office of Management and Budget (OMB) control number. The Department notes that a Federal agency cannot conduct or sponsor a collection of information unless it is approved by OMB under the PRA, and displays a currently valid OMB control number, and the public is not required to respond to a collection of information unless it displays a currently valid OMB control number. See 44 U.S.C. 3507. Also, notwithstanding any other provisions of law, no person shall be subject to penalty for failing to comply with a collection of information if the collection of information does not display a currently valid OMB control number. See 44 U.S.C. 3512.

The public reporting burden for this collection of information is estimated to average approximately seven minutes per respondent. Interested parties are encouraged to send comments regarding the burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to the U.S. Department of Labor, Employee Benefits Security Administration, Office of Policy and Research, Attention: PRA Clearance Officer, 200 Constitution Avenue, N.W., Room N-5718, Washington, DC 20210 or email ebsa.opr@dol.gov and reference the OMB Control Number 1210-0137.