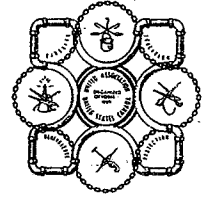


PLUMBERS AND PIPEFITTERS LOCAL 501 NORTHERN ILLINOIS BENEFIT FUNDS



1295 Butterfield Rd., Aurora, IL 60502-8879 • Ph (630) 978-4600 • Fax (630) 978-4616 • email: benefitfunds@ualocal501.org

RE: THE LIVING WELL HEALTH MANAGEMENT PROGRAM (A DISEASE MANAGEMENT PROGRAM)

Dear Participants in the Northern Illinois Benefit Fund:

We are pleased to announce a new program, at no cost to you, to help those with diabetes, cardiovascular disease, or obesity to improve their quality of life. This program is designed to help our participants learn self-management tools for care and management of diabetes, cardiovascular and/or obesity and the complications associated with these conditions.

We invite you to participate in this program that will:

- answer your important health questions;
- facilitate appropriate screening exams;
- help you manage your condition; and
- help you reduce the risk of complications in the future.

Those with diabetes, cardiovascular disease, or obesity face challenges every day. It is not always easy, but managing these conditions will allow for a long and productive life. The **Living Well Health Management Program** is a support program that will provide you with the educational material to face everyday challenges and reach your long-term goals.

The **Living Well Health Management Program** is administered by Med-Care Management, the same organization that administers the Medical Review Program for our members. Med-Care Management has been providing disease management programs to participants of Funds for 14 years.

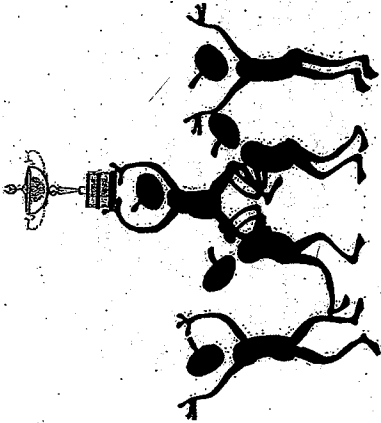
The enclosed pamphlet describes the **Living Well Health Management Program** in more detail. Remember – the program is here to help you and your family. Enrollment in the Program is available for all eligible members and covered dependents.

If you would like to enroll in the **Living Well Health Management Program**, call 1-866-844-4222 and a nurse will enroll you. All information shared with the nurses is confidential. There is no cost to you to enroll or participate in the program.

You can also call 1-866-844-4222 if you would like additional information about this valuable new benefit. We hope that this new program helps our participants make every day better and healthier.

Sincerely,
Board of Trustees
Northern Illinois Benefit Fund

**LIVING WELL
HEALTH MANAGEMENT
PROGRAMS**



TAKE CONTROL

LEARN ABOUT RISKS

UNDERSTAND MEDICAL
TERMINOLOGY

FIND OUT WHAT IS NEW IN
TREATMENTS AND
MEDICATIONS

RECEIVE USEFUL MATERIALS

**THE LIVING WELL HEALTH
MANAGEMENT PROGRAMS**

DIABETES

*HEART (CARDIOVASCULAR)
HEALTH*

WEIGHT MANAGEMENT
PROGRAMS

**The Living Well
Health
Management
Programs**

**"There is no better
time than now to
become an active
participant in your own
healthcare!"**

**Enroll in one of the
LIVING WELL
HEALTH
MANAGEMENT
PROGRAMS TODAY**

**Call toll-free
1-866-844-4222**

**To enroll call:
(1-866-844-4222)**



The Living Well Health Management Programs are designed to provide education and information to the Fund's participants who have or have a family member with diabetes, hypertension, heart disease, or a weight problem. By participating in one of the programs, members and their families learn self-management tools that may prevent acute flare-ups or the long-term complications associated with these conditions. We know having one or more of these problems is not easy, but when managed properly you can enjoy a healthier life.

Diabetes is on the rise. It is estimated that over 20.6 million people over the age of 20 have been diagnosed with diabetes. Approximately 11 million men and 10 million women and one in every 500 children have diabetes. Diabetes is known to cause blindness, blood vessel and nerve damage. Over 20,000 people with diabetes a year are blinded and over 100,000 people suffer from leg amputations. The diabetes program has been implemented to help you manage these diseases and lead a more satisfying life.

High blood pressure affects over 50 million people. Having high blood pressure is a health risk. It increases your chances for heart attack, stroke, kidney failure, and blindness. You can take steps to keep your high blood pressure in control.

Excess weight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems, acid reflux, and psychological disorders, such as depression. You can learn to prevent or reduce these risks by enrolling in one of the Living Well Health Management Programs today.

Participation in the program is voluntary and all information is confidential. Participants who enroll in a Living Well Health Management Program will have a nurse who works with them to help manage their current condition. Enrollment in the plan is covered by the benefit plan at 100%. **There is no cost to you.** You will, however, still have your normal plan deductibles and co-payments for doctor's visits etc.

The Living Well Health Management program has its own toll-free number, **1-866-844-4222**. Enrollment is easy. You don't have to leave your home. Just make a simple phone call. After you are enrolled, the nurse will send you a packet of healthcare materials based on your individual needs. You will receive important information on topics such as diabetes control, nutrition, exercise, meal plans and recipes. The program nurses are your personal contacts when you have any questions or concerns. You will receive periodic newsletters filled with information. The nurses will speak with you on a regular basis to see how you are doing and they will keep track of your important information, such as doctors' appointments, new lab results and medication changes.

Please call and enroll, it only takes a few minutes. By participating in a program, you and/or your family members can learn self-management skills that help you to better manage your own health. Knowledge is power. By educating yourself, you will feel better and have a much improved quality of life.

Carbohydrates?



Weight?

Blood pressure?

Meal plans?

Cholesterol levels?

Medications?

Exercise?

Do you have questions or feel confused about your healthcare?

Do you wonder about what foods to eat or what medications to take? Are you aware of side effects? How foods or the medications you are taking effect other medications?

Would you like to know what is new on the horizon that can better help you manage your particular healthcare problem?



THE LIVING WELL HEALTH
MANAGEMENT PROGRAMS CAN
HELP!

CALL 1-866-844-4222