

# UFCW TRUST

Working For Your Benefit

SPRING  
2021  
for Retired  
Members

FOR YOUR BENEFIT: OFFICIAL PUBLICATION OF THE UEBT RETIREE HEALTH PLAN



## Telemedicine or in-person visit?

Since the beginning of the pandemic, both doctors and patients have sought to limit in-person office visits for fear of catching or spreading the COVID-19 virus.

This caution led to an explosion in use of telehealth services, where doctors and patients connect via many types of digital communication technologies, such as:

### EMAIL

Message your doctor’s office with non-urgent questions at any time.

### PHONE APPOINTMENT

Save yourself a trip to the doctor’s  
(Please see page 4)

¿Le gustaría una versión en Español de este boletín de noticias?  
Visite [UFCWTRUST.COM](http://UFCWTRUST.COM), haga clic en el menú de Recursos y seleccione “For Your Benefit Newsletter” para elegir una edición.

### IN THIS ISSUE

Telemedicine or in-person visit?	<b>Pages 1,4</b>
The TFO is on social media!	<b>Page 3</b>
COVID-19 Rule Extensions	<b>Page 5</b>
FYB Word Search	<b>Page 6</b>
Recipe: Slow Cooker Thai Chicken Soup	<b>Page 7</b>
Coping with stress	<b>Page 8</b>

### TRUST FUND OFFICE CORE VALUES TRUST

We demonstrate honesty at every level of the organization where our words and actions align

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UFCW & Employers Benefit Trust  
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P.O. Box 4100  
Concord, CA 94524-4100  
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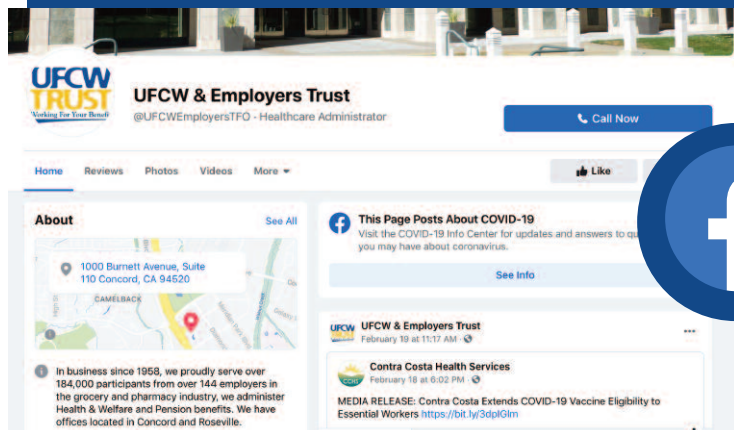


## The TFO is on social media!

Please take time to visit our new Trust Fund Office (TFO) Facebook page and Twitter account. You can use these “handles” to find us:

**TWITTER**  
[@UFCWTFO](https://twitter.com/UFCWTFO)

**FACEBOOK**  
[@UFCWEmployersTFO](https://www.facebook.com/UFCWEmployersTFO)



Be sure to “Follow” our Twitter account and “Like” our Facebook page, so you don’t miss important Trust Fund Office updates. Check back weekly to find important information for Members, TFO closure notifications, and the occasional healthy living tips and resources.



# Telemedicine or in-person visit?

(Continued from front page)  
office for minor conditions, Sick Leave doctor's notes or follow-up care.

## VIDEO VISIT

Meet face-to-face online with a doctor on your computer, smartphone or tablet for minor conditions or follow-up care.

In each of the options listed above, your providers can get the information they need to update your medical records and give you personalized care to fit your schedule.

Because of these benefits – as well as the ability to get an appointment sooner – many predict telehealth will continue to play a large role in health care even after the pandemic is under control.

But what types of conditions are appropriate for a virtual visit and what conditions require in-person examination?

## CALL 9-1-1 OR GET TO THE ER AS QUICKLY AS POSSIBLE IF YOU HAVE:

- Chest pain
- Serious injury
- Drug overdose

## EXAMPLES OF CONDITIONS REQUIRING IN-PERSON VISITS

- Diabetes-related foot issues
- Vaccinations and monitoring healthy growth in children
- Cancer screenings

## EXAMPLES OF CONDITIONS SUITABLE FOR TELEMEDICINE

- Mental health care
- Flu-like symptoms
- Fever
- Cough

- Sore throat
- Post-surgical follow-ups

Your doctors will help you decide if your condition can be treated remotely. If they discover something during a telemedicine visit which requires an in-person examination, be prepared to take the precautions related to an in-person doctor visit to ensure your condition is not left untreated. These may include wearing a face mask, using hand sanitizer and calling the front desk when you arrive.

## TELADOC

Blue Shield of California PPO Retirees have access to licensed doctors via Teladoc, 24 hours a day and seven days a week. Retirees and their Enrolled Dependents must register to use Teladoc. Register on the Teladoc application for smartphones and tablets, which is available in the “App Store” on most smart devices.

# COVID-19 Rule Extensions

*These rules apply to submission of the Pension Payment Verification (PPV) form, to Retirees' ability to work while still receiving full pension benefits, and to pandemic-related changes to Health & Welfare benefits. If you need more information about these rules, please contact the TFO at (800) 552-2400.*

## **PENSION PAYMENT VERIFICATIONS SUSPENSION**

*Extended until June 30, 2021*

- Retail Clerks Specialty Stores Pension Fund Retirees (RCSS)
- UFCW-Northern California Employers Joint Pension Trust Fund Retirees (Joint Pension)
- UFCW Pharmacists, Clerks and Drug Employers Pension Fund Retirees (Drug Pension)

## **PENSIONER RE-EMPLOYMENT RULES RELAXATION**

*Extended through the Executive Department State of California*

*Proclamation of a State of Emergency from March 4, 2020 [unchanged]*

- UFCW-Northern California Employers Joint Pension Trust Fund Retirees
- UFCW Pharmacists, Clerks and Drug Employers Pension Fund

# For Your Benefit

## WORD SEARCH

***Search for these  
key words from  
the Spring 2021  
issue of  
For Your Benefit!***

PAYOUT

FACEBOOK

TWITTER

PODIATRIST

REEMPLOYMENT

FOLLOW

LIKE

HANDLE

FINANCIAL

SPECIALIST

K	T	W	I	T	T	E	R	G	O	G	Q	Z	Y	S
P	X	D	X	I	R	A	W	S	Z	T	X	J	T	P
R	O	G	R	F	L	Q	N	P	L	Z	D	W	Q	E
B	J	D	E	E	A	O	U	H	A	N	D	L	E	C
Q	G	S	I	W	E	C	K	D	A	M	R	J	L	I
N	U	U	P	A	C	M	E	S	F	K	Q	A	U	A
J	D	L	K	X	T	D	P	B	K	C	A	C	F	L
S	Y	R	P	S	U	R	N	L	O	O	M	K	O	I
X	E	M	P	S	N	S	I	L	O	O	Z	G	L	S
H	Z	C	A	H	R	W	M	S	K	Y	K	F	L	T
M	P	G	Y	D	K	B	V	J	T	E	M	N	O	A
L	R	C	O	C	O	L	S	G	Z	X	T	E	W	M
I	Y	M	U	N	D	H	H	K	I	K	X	G	N	W
K	N	E	T	H	P	N	E	C	V	K	V	U	V	T
E	J	K	F	I	N	A	N	C	I	A	L	C	F	M

Puzzle credit: education.com

# RECIPE



## Slow cooker Thai chicken soup

A high-protein meal which is easy to prepare in the morning before work

**Servings:** 6

### Ingredients:

- 1 ½ to 2 pounds boneless, skinless chicken breast halves, all visible fat discarded
- 14.4 ounces frozen onion and bell pepper stir-fry mix
- 1 pound sliced button mushrooms
- ½ (13.5-ounce) can lite coconut milk
- 4 cups fat-free, low-sodium chicken broth
- 2 tablespoons fresh lime juice
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 10 ounces frozen peas
- ½ cup fresh basil or cilantro leaves, chopped
- 4 ounces vermicelli rice noodles
- Hot chile sauce (Sriracha preferred) (optional) to taste

### Directions:

1. Put the chicken in a large slow cooker. Add the stir-fry mix and mushrooms. Pour in the coconut milk and broth. Don't stir. Cook, covered, on high heat for 4 hours or on low heat for 8 hours.
2. Transfer the chicken to large cutting board. If using the low setting, change it to high. Add the lime juice, red pepper flakes, salt, pepper, peas, basil, and noodles to the slow cooker. Stir until the noodles are submerged in the liquid. Cook, covered, for 20 minutes, or until the noodles are soft.
3. Meanwhile, cut the chicken into bite-size pieces. Quickly stir into the soup and re-cover the slow cooker. Ladle into bowls. Serve with the hot sauce.

### SOURCE:

- [heart.org](http://heart.org)



# Coping with stress

**E**veryone handles stress differently according to our temperaments and unique life experiences. In order to help mitigate stress, it's important to identify our "triggers." One way to track what types of situations tend to trigger stress is to keep a journal. Whenever you feel stressed out, start writing about how you feel:

What exactly happened? Who was involved in the situation? How did it make you feel? How did you react to the stress?

Take a look at what you wrote, and try to identify what exactly kick-started your feeling of stress. Was there anything you could have done differently when you began to feel stressed? Could you have reacted differently to limit how much stress you felt or for how long you were feeling this way?

## Managing your stress

In order to avoid stress, the first thing you should do is to look at your own behavior patterns which may be contributing to trigger stress or elevate stress. It's always easier to change our own behavior before trying to improve external factors such as our environment or people we interact with.

Many people say stress can feel like it's taking over their lives. If you experience this, it's important to take care of yourself both physically and emotionally.

Talk to close friends and family members about problems. They will have a fresh perspective, and sometimes can offer solutions you haven't thought of. Just venting, letting it out, can help relieve your feeling of stress.

As much as possible, try to prioritize activities you enjoy, such as spending time with family or engaging with a hobby.

Make sure to exercise regularly. Getting enough sleep and eating a healthy diet are the foundations of self-care. If doing those things doesn't alleviate your stress or improve your ability to cope, contact a mental health professional.

If you are enrolled for retiree health and welfare benefits and covered under the PPO Plan, the mental health and chemical dependency provider network is Blue Shield (Blue Card for outside of California). UEBT Medicare Retirees should contact Medicare. If you are a Kaiser HMO Participant, contact Kaiser at (800) 464-4000.