

# UFCW TRUST

Working For Your Benefit

SUMMER  
2021  
for Retired  
Members

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



## 2022 Open Enrollment for UEBT Retirees

See page 8 for details

¿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.

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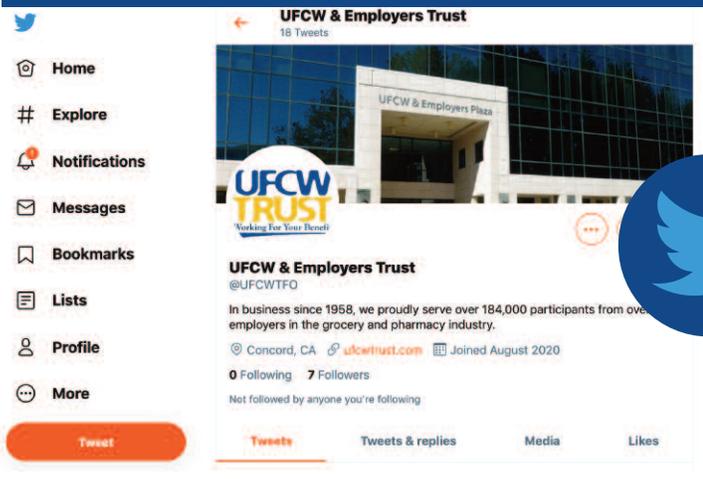
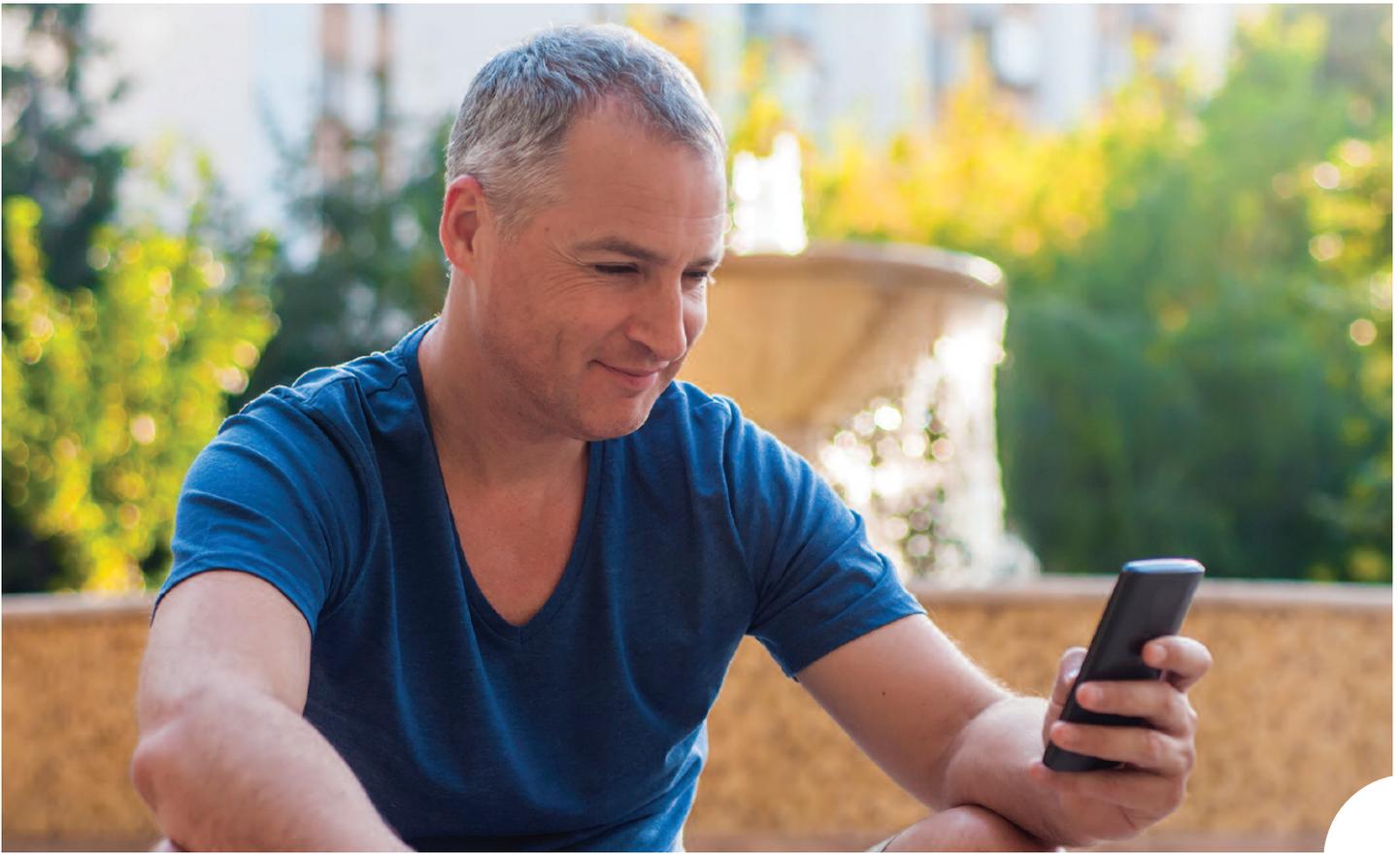
### TRUST FUND OFFICE CORE VALUES INTEGRITY

We will conduct our business with honesty, adhering to moral and ethical principles

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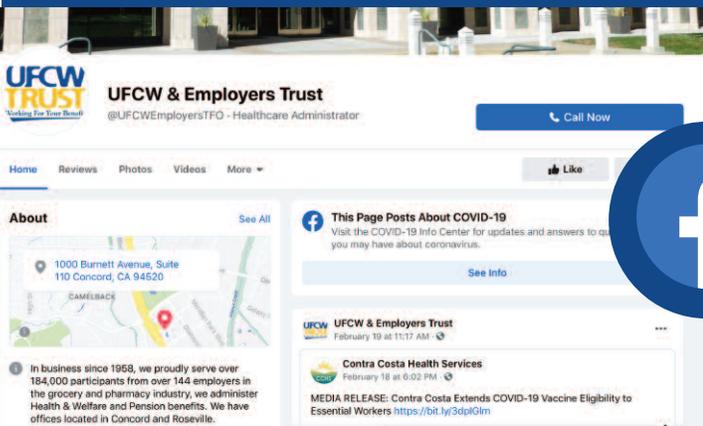


## The TFO is on Social Media!

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.



# No Time for the Doctor?

## Telehealth Offers Convenience

**H**ow many times have you put off going to visit the doctor because you are too busy? Did you know, you have a benefit allowing you to be seen by a doctor at a time that fits your schedule?

For both our Kaiser Members and our Blue Shield of California (BSC) PPO Members, you have a benefit allowing you to see a doctor virtually. For our Retiree Medicare members, while Medicare does not yet offer a Teladoc-like benefit, Medicare does allow for telehealth and virtual office visits.

These services are subject to your normal Part B benefit cost-share but allow you more flexibility in your scheduling.

BSC Participants are offered Teladoc at no out-of-pocket cost. It's as simple as downloading the app and registering your account. The typical in-person doctor visit will cost you about \$125 if you have not hit your deductible and anywhere between \$25–\$35 or more if you have reached your deductible.

What if you went to the Emergency

Room instead? It means way more cost and the potential risk of getting infected by other sick people, not to mention the time required. By using your Teladoc benefit, you can now have a call with a doctor who can assess your condition and even prescribe medications.

What about our Kaiser Members? Kaiser too offers a similar benefit through the array of Telehealth Services, such as e-visits, emailing, or securing tele-video visits with care providers including Primary Care doctors, Specialist doctors, and Mental/Behavioral Health Therapists.

Kaiser Members have access to this and many more services electronically. All members have to do is to set up their accounts through the kp.org site with their medical records. Download the app on your smartphone at kp.org so you always have access to your medical records and the ability to locate a Kaiser facility.

The bad news is, we no longer get to use the excuse, “I just don’t have the time!” The good news is getting to stay healthy and seeing a doctor at your convenience.

<b>Type of Service</b>	<b>Average Medical Cost</b>	<b>Subject to Deductible and Coinsurance</b>	<b>Approximate Average Member Cost</b>
Teladoc virtual appointment	\$0	NO	\$0
Routine doctor visit	\$161.62	YES	\$25
Urgent Care	\$153.73	YES	\$25–\$153.73
ER visit (Facility)	\$1,573.45	YES	\$75
ER visit (Doctor)	\$181.15	YES	\$25

# For Your Benefit

## WORD SEARCH

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

BENEFITS  
DOCTOR  
ENROLLMENT  
PHARMACY  
REMINDER  
RETIREMENT  
TANGY  
TELADOC  
TELEHEALTH  
TRUST

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

Puzzle credit: [education.com](http://education.com)

# RECIPE



## Grilled Lemon-Garlic Chicken with Grilled Okra

A high-fiber, low-calorie meal with crunchy flavors and tangy citrus

**Servings:** 4

### Ingredients:

- ½ cup fresh lemon juice (3 to 4 lemons)
- 6 to 8 medium garlic cloves, minced
- 2 tablespoons minced fresh rosemary
- 1 teaspoon garlic powder
- 1 tablespoon canola or corn oil and 1 tablespoon canola or corn oil, divided use
- Cooking spray
- 1 ½ pounds boneless, skinless chicken breasts, thinly sliced, all visible fat discarded
- ¼ teaspoon salt
- ¼ teaspoon pepper and ¼ teaspoon pepper, divided use
- 3 pounds fresh okra

### Directions:

1. In a small bowl, whisk together the lemon juice, garlic, rosemary, garlic powder and 1 tablespoon oil. Put the chicken and the marinade in a large resealable bag. Seal tightly. Using your fingers on the outside of the bag, push the chicken to coat with the marinade. Refrigerate from 2 to 12 hours.
2. When the chicken is ready, lightly coat the grill rack with cooking spray. Preheat the grill on high.
3. Drain the chicken, discarding the marinade. Using paper towels, wipe most of it off the chicken. Sprinkle the chicken with the salt and ¼ teaspoon pepper. Grill for 7 to 10 minutes, or until the chicken is no longer pink in the center and registers 165°F on a meat thermometer. Transfer to a plate. Cover with aluminum foil.
4. Meanwhile, in a large bowl, stir together the okra, remaining 1 tablespoon oil and remaining 1/4 teaspoon pepper.
5. Place the okra perpendicular to the grates, in a grill basket or on skewers. Grill for 6 to 8 minutes, or until the okra are blistered and tender on each side.
6. Serve with the chicken.

### SOURCE:

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

# Open Enrollment 2022 for Retirees

September 20 – November 19, 2021

**O**pen Enrollment is the yearly opportunity for you to sign up for benefits or make changes to your coverage.

**Mark Your Calendar! Open Enrollment for the 2022 Plan Year will take place from September 20, 2021 through November 19, 2021. Open Enrollment Packets will be mailed and/or sent electronically to your TFO Inbox available on [UFCWTRUST.COM](https://www.ufcwtrust.com) around mid-September. If you have not elected to receive your documents electronically, log into [UFCWTRUST.COM](https://www.ufcwtrust.com) and click on *Contact Info* to update your preferences for receiving electronic documents.**

In September all Open Enrollment materials will be provided to you with customized and detailed instructions. Members who have chosen to receive electronic communications will receive an email prompting them to check their TFO Inbox located on [UFCWTRUST.COM](https://www.ufcwtrust.com). From the homepage of [UFCWTRUST.COM](https://www.ufcwtrust.com) all Members can begin the Open Enrollment process, starting September 20, 2021.

