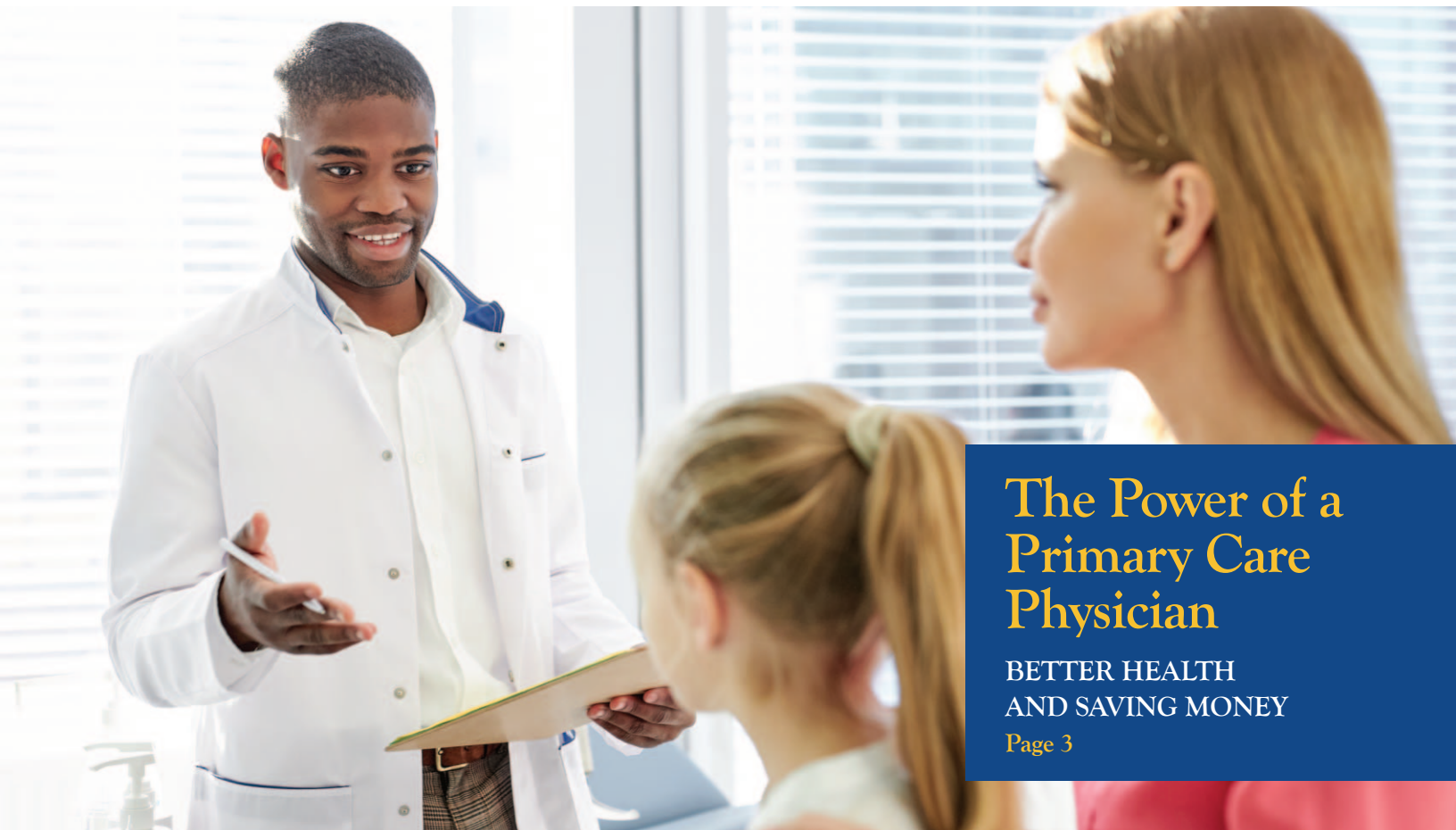


**FOR YOUR BENEFIT:** OFFICIAL PUBLICATION OF THE UFCW & EMPLOYERS BENEFIT TRUST (UEBT)



## The Power of a Primary Care Physician

**BETTER HEALTH  
AND SAVING MONEY**

**Page 3**


¿Le gustaría una versión en Español de este boletín de noticias?  
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seleccione “For Your Benefit Newsletter” para elegir una edición.

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### TRUST FUND OFFICE CORE VALUES: EMPATHY

We will listen and  
value the feelings of others.

  
Working For Your Benefit  
UFCW & Employers Benefit Trust  
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Concord, CA 94524-4100  
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## Saving Money with Preventive Care

**H**ow does preventive care save you money? By finding health care concerns *before* they are serious enough to require trips to the emergency room or the hospital.

Many Members don't take advantage of this benefit, but most in-network preventive care services are covered at 100%, meaning they are at **no cost** to you.

When you schedule your annual preventive care appointments, your doctor can identify health issues earlier and manage them before they become a more serious problem.

When the Fund Office pays claims, we see that many Members who had the most catastrophic and expensive claims did not have a Primary Care Physician (PCP) and did not use their preventive benefits regularly.



**Start today  
and be  
healthier now  
and in the future!**

## FOR YOUR BENEFIT

is a newsletter designed to keep all Members informed about how to use their benefits most effectively. Members also may contact their Union's Benefit Clerks or call the Trust Fund Office directly at (800) 552-2400. Phone hours for the Trust Fund Office's Health and Welfare Services Department are 8 a.m.-5 p.m., Monday-Friday. Or visit us online at [ufcwtrust.com](http://ufcwtrust.com).

### Share your stories and ideas with the Trust Fund Office

Would you like to share a story of how UEBT benefits made a difference in your life or for one of your loved ones? Do you have a benefit-related topic you would like to learn more about in a future issue of *For Your Benefit*?

Email your story or ideas to  
**[MemberProfile@ufcwtrust.com](mailto:MemberProfile@ufcwtrust.com)**.  
We may contact you for more information.



*For Your Benefit* is the official publication of the UFCW & Employers Benefit Trust (UEBT). Every effort has been made to provide correct and complete information regarding particular benefits, but this newsletter does not include all governing provisions, limitations and exclusions, which may vary from Plan to Plan. Refer to the Summary Plan Description, Plan Document, Evidence of Coverage and/or Disclosure Form ("Governing Documents") for governing information. In the event of any conflict between the terms of this newsletter and the Governing Documents, the Governing Documents will control. As always, the Board of Trustees for the UFCW & Employers Benefit Trust retains the sole and complete discretionary authority to determine eligibility and entitlement to Plan benefits and to construe the terms of the Plans. The information in these articles is for general use only and should not be taken as medical advice. In an emergency, you are advised to call 9-1-1.

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Roseville, CA 95661

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## The Power of a Primary Care Physician

**I**n a recent study of paid claims for all plans (Active and Non-Medicare Retiree Plans), the Fund Office found that a majority of Members with the most catastrophic health events didn't have a Primary Care Physician (PCP). Why does this matter?

By establishing a relationship with a PCP over the long term, your doctor will get to know you personally, learn about your health concerns, and be best equipped to help you manage those concerns. A long term relationship with a PCP can help you detect and manage a wide range of health issues.

A PCP can teach you how to lead a healthier lifestyle, provide needed medications, screen for diseases, and recommend specialists when you need them.

Look for a PCP who fits your personal needs. Remember, the Fund pays most preventive care visits with an in-network PCP at 100%, meaning they are at no cost to you.

LOOKING FOR A PCP NEAR YOU? SCAN THE FOLLOWING QR CODES WITH YOUR SMART PHONE OR TABLET:



BLUE SHIELD OF  
CALIFORNIA



KAISER

Solidaritus Health Centers (open in Rocklin; coming soon to San Jose and South San Francisco) exclusively serve UEBT PPO Members. To sign up on the waiting list to be seen by a PCP, log into your Participant Account on [ufcwtrust.com](https://ufcwtrust.com) and look for the instructions in your Health Centers section.



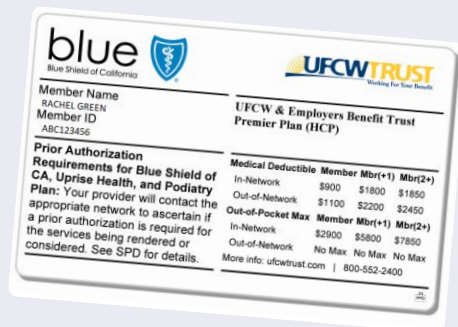
A close-up photograph of a person's hand holding a white ID card. The person is wearing a light blue button-down shirt. The background is blurred, showing an outdoor setting with greenery and a building. The text is overlaid on the lower right portion of the image.

**Blue Shield ID Cards**

**Now in your  
Participant  
Account!**



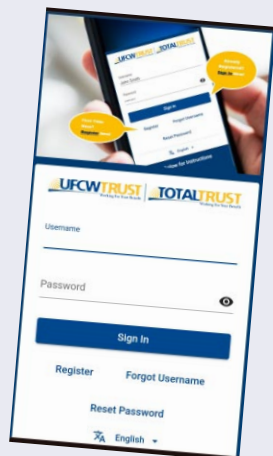
**B**lue Shield Members now can view, print or order copies of their Blue Shield ID card directly from their Participant Accounts! Cards are available to Active Members.



Follow the steps below to view, print, or order a card:

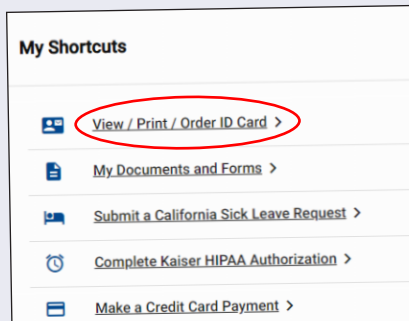
**1**

Log into your Participant Account at [ufcwtrust.com](http://ufcwtrust.com).



**2**

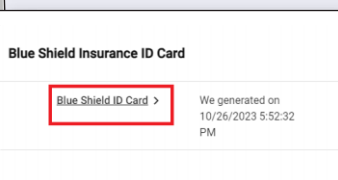
Select “View / Print / Order ID Card” from the “My Shortcuts” section of the “My Info” tab.



**3**

**TO PRINT YOUR ID CARD**  
To view the card digitally as a PDF or to print from PDF, select “View / Print ID Card.” Then select “Blue Shield ID Card.” The PDF will open.

Screenshot, save or print the PDF as desired.



**OR**

**TO ORDER ID CARDS**  
To order a new card to your home address, select “Order ID Card.”



**Note:** If you order a Blue Shield ID Card, you will receive two (2) cards at the address the Trust Fund Office has on file for you. Before proceeding, please review the “Addresses” section of the “My Info” tab and update the address as necessary.

# For Your Benefit

## WORD SEARCH

***Search for these  
key words from  
the Spring 2024  
issue of  
For Your Benefit!***

APPOINTMENT  
CATASTROPHIC  
EXCITED  
FACILITY  
HEALTH  
IDENTIFICATION  
LIFESTYLE  
MONEY  
PARTICIPANT  
RIBBON

WGRGNGEDYSNEWCVUMDDDXUGIZIOEC  
QNR IWUTQMCJQUFQPCCKNSAVNZDJLNH  
XIFBGQFEGYAVXEEYQCVPVAXNSQXYVU  
UWMALVMLGXKSCRZIBSRNZXRFMJVDE  
SDPJCICKMYHJFLENDGZMOEQEBPWHXC  
KFZRP IFVKBFWLPMJEZDLSBQKDGGAFQ  
VTRBYHLEQZPTIHCLNXWWEVUIIYJYAR  
MQWPWAZISZNSZDATTTVTDVPRIMVTIDQ  
DHTMDMNKTTTLKRAADIDZJDM PMDFGZRB  
QGAFZQREHY YAGJAIFGPYOZSRKIFJMT  
MPAYJOXNXIXLEBSAICATASTROPHICY  
KVDXHCXYECYZEINXCNLQJDEPB YABIT  
WGPHTJTTFIIJXQSUAWPVVS GTWFZBZJ  
BDSBDYNNADBTNTQETJLFMBLZVPYDYX  
UOTUMVSWZSWREIXFIPRYQH XZTJPVJN  
SGDHFSPYVCDHFD SOOMTRQUAMEZJFBG  
ALTGPBKHYRBTYASONUQB XOLYQAPGHX  
PVHYAQVEBORMAWOWFISMVMGOJCA XYN  
DRZSRHNFREYHPOVIRABGS AWBVMBSH  
IOPPTDELRLDLEPMLHV TYL RTEJLKGUMD  
UDMRISKSE GKAKPAKJCFJBXTMN XWPX  
TJUFCXHG BMJLIKMFJBUSZMJGGSEGSS  
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NRPQPCHKKUAHTZRTMYWRYGHGAMFEPP  
KLPLAPHAJECRMBYNAUMYD SWBXMMRTD  
WZICNURBHGCIEGOVLBUXQOCSLDOJLZ  
RGVOTESILHDCNCOOJSPFLPRFCBNTMV  
ALTZ IYXUCYCATFRSSLT ZCYXEFWEEIW  
OTRZPRIBBONIYEGICFKYVKXVCHYACM  
ZBNDPQWUPPZINFHKCVJPHFMYXDIXQK

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



# RECIPE



## Chicken and Pepper Paella

A unique take on paella made with pasta instead of rice

**Servings:** 2

### Ingredients:

- $\frac{3}{4}$  lbs. boneless, skinless chicken breasts
- Olive oil cooking spray
- $\frac{1}{2}$  cup sliced turkey sausage
- $\frac{3}{4}$  cup fat-free, low-sodium chicken broth
- $1\frac{1}{2}$  cup water
- $\frac{1}{4}$  tsp saffron
- 1 cup frozen chopped onion
- 1 cup sliced red bell pepper
- 1 seeded and chopped poblano chile pepper
- $\frac{2}{3}$  cup whole wheat orzo
- $\frac{1}{8}$  tsp salt
- $\frac{1}{4}$  tsp freshly ground black pepper

### Directions:

1. Cut chicken into 2-inch pieces. Heat a nonstick skillet over medium-high heat and spray with olive oil cooking spray. Add chicken and sausage. Brown on all sides, about 5 minutes. Remove from skillet.
2. Add chicken broth, water, and saffron to the skillet and bring to a boil, scraping the brown bits from the bottom of the skillet.
3. Add onion, zucchini, red bell pepper, poblano chile pepper and orzo. Stir, bring back to a boil and cook 7 minutes. If not using a nonstick pan, stir often to keep orzo from sticking. If pan becomes dry, add more water.
4. Return meat to skillet for 5 minutes. Liquid should be absorbed. Add salt and pepper. Serve on 2 dinner plates.

SOURCE (RECIPE & PHOTO):

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



Chairman Jacques Loveall cuts the ribbon to open the Solidaritus Health Center in Rocklin, accompanied by the center's Dr. Danielle Lee (on the right), health plan trustees and Union members.

## Solidaritus Health Center in Rocklin Celebrates Grand Opening

**T**he grand opening of the Solidaritus Health Center in Rocklin took place on February 20th with a ribbon-cutting ceremony and tours of the brand-new primary care facility.

At Solidaritus Health Centers, UEBT Members and their families can receive “concierge” health care with zero out-of-pocket costs for doctor’s visits.

The establishment of the Solidaritus Health Center in Rocklin, the first of three initial locations in Northern California, is a monumental achievement, culminating 15 years of efforts by Union and Employer trustees of the health plan.

The centers’ goals are to improve the quality and outcome of health care by providing affordable primary care and personalized experiences for Members in a relaxed setting.

“It’s a simple proposition,” said Mark Blum, CEO and president of Solidaritus. “Working people should have great health care.”

Members and their families “can expect to get quick appointments for urgent care needs as well as basic health care needs the same day or the next day in a calm and pleasing environment,” Blum continued. “If they have

urgent care needs after hours, they don’t have to wait all night in an emergency room. They can contact their own doctor directly.”

### A Single Goal

Attendees of the grand opening heard from a lineup of civic leaders, health care professionals and benefit fund trustees representing UEBT.

Rick Silva, Administrator and Executive Director of the UFCW and Employers Trust, LLC, set the tone when he told attendees, “I stand here with you all very excited and proud of the accomplishments of so many people invested in this amazing project, all focused with a single goal in mind: delivering access and great quality care to our Membership.”

Other speakers at the ribbon-cutting ceremony in Rocklin included Jacques Loveall, chair of the UFCW & Employers Benefit Trust and president of UFCW 8-Golden State; Frank Udvarhelyi, representing Placer County Supervisor Suzanne Jones; Victor Wolfe on behalf of California Assemblymember Joe Patterson; and Captain Chad Morris of the Rocklin Police Department. All welcomed the new Solidaritus Health Center to the community.