

The Executive Board of Local 183 and the Board of Trustees of the Labourers' Local 183 Retiree Benefit Trust Fund are pleased to announce the following enhancements to the benefit program.

**Dental Fee Guide**

The Dental O.D.A. Fee Guide Reimbursement will increase from 2018 to 2019 for all claims incurred on or after January 1, 2021.

**Extended Healthcare – Hearing Aids**

The Extended Healthcare Benefit for Hearing Aids will increase from \$1,500 to \$2,000 every 36 months for one set of hearing aids including replacement, repair charges and batteries.

**Extended Healthcare – Speech Therapy**

The Extended Healthcare Benefit for Speech Therapy will be \$200 per visit up to a lifetime maximum of \$10,000 per dependent child only.

**eClaims Direct Deposit**

All registered users of the eClaims app can enroll into the EFT Direct Deposit program to get prescription drugs, extended healthcare, and dental claim payments deposited directly into their bank account.

**Extended Healthcare – Clinical Psychologist and Psychotherapist Benefit**

The Clinical Psychologist and Psychotherapist benefits will increase to a maximum reimbursement of \$100 per visit with a combined calendar year maximum of \$1,500 for all claims incurred on or after January 1, 2021.

**Extended Healthcare – Paramedical Practitioners**

(Chiropractor, Massage Therapist, Naturopath, Osteopath, Acupuncturist, Occupational Therapist, Podiatrist/Chiropracist)

The Paramedical benefits will increase to a maximum reimbursement of \$75 per visit with a combined calendar year maximum reimbursement of \$1,500 for all claims incurred on or after January 1, 2021.

Wellness - Health Coaching



Retirees and eligible dependents can now take back their health with the new Health Coaching program. The Health Coaching program is a confidential program which gives Retirees and eligible dependents telephone access to a dedicated professional who will provide one-on-one coaching support in achieving health goals around diabetes, heart health and mindful eating. To complete your nutritional assessment, sign up with your Group Policy number and your certificate number for the program at enroll.e-coaching.ca/liuna/183 to start achieving all your health goals.

Wellness – Self Help Works



Retirees and eligible dependents can now use a training process that combines the principles of cognitive behavioural therapy with health coaching best practices with the Self Help Works online program. The online Self Help Works program allows for lifestyle goals become reality with video-based workshops to help with smoking cessation, weight loss, alcohol consumption, exercise motivation, stress relief, diabetes management, sleep restoration and more. To learn more about these life changing programs to help take back your health, sign up with your Group Policy number and your certificate number at liunacare.com/selfhelpworks.

Virtual Home Delivery Pharmacy

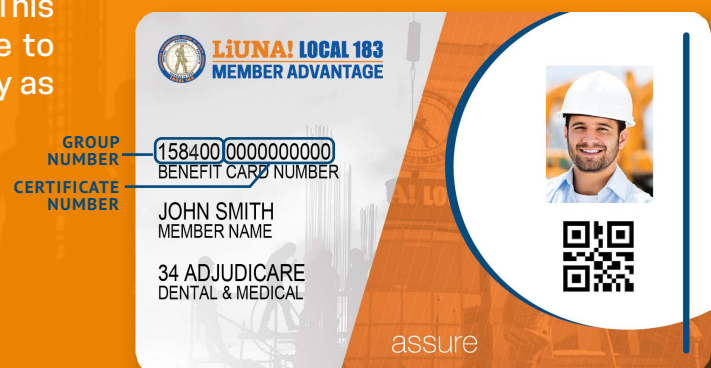


The Virtual Home Delivery Pharmacy was added to the Plan to provide Retirees and eligible dependents the convenience of home delivery for their prescription medication sorted into daily packets to ensure the correct dose daily, also ensuring auto-renewing of prescriptions, while taking advantage of lower dispensing fees and same day delivery within the Greater Toronto Area. Home delivery pharmacy is available online or by using the app on your device, simply visit app.pocketpills.com/liunalocal183 to sign up and have access to all your prescription information.

Ready to use the Apps?

First, you'll need to register your account. This process only takes a couple of minutes. Be sure to have your Member Advantage benefit card handy as you'll be asked to provide the following:

- Your six-digit group number
- Your 10-digit certificate number



We trust that you will value your benefit program and we remain committed to keeping your benefits relevant to the current healthcare environment