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IBEW Local 617 Member Jose Luis Wuest And His Wife Corina Lose 30 Pounds Through The Healthy Lifestyle Challenge/Wellness Program

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S&C Wellness Program Manager

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Jose Luis and Corina Wuest bicycle together often as part of their commitment to stay active with the Healthy Lifestyle Challenge

Jose Luis and Corina Wuest Warm Up With A Bike Ride

Jose Luis Wuest, a 6-year Sound & Communication member with IBEW Local 617, has lost 15 pounds through the Healthy Lifestyle Challenge Program this year. His wife Corina, who took the challenge with him, also lost 15 pounds. They have been married 12 years, and Corina reads the wellness newsletters regularly and encouraged Jose to sign up.

The program is a complimentary wellness program available to Sound and Communication members, brought to the members by BaySport, a Wellness organization serving clients since 1984. The goal of the Healthy Lifestyle Challenge Program is to help sound and communication members realize a long-term weight loss and an overall healthier lifestyle through incorporating new behaviors. (For more information about the Sound and Communications Wellness Program, contact Martha Hagmaier at martha.hagmaier@baysport.com).

We asked Jose and Corina to share a little about their journey through the Healthy Lifestyle Challenge Program.

Q: How did you get involved in the healthy lifestyle challenge program?

A: We wanted to do something fun and at the same time, take care of our health. We got set back a little with the Covid pandemic and Jose's lab work was a little off track. So we figured this was a way to help him. We've been working on this since the beginning of the year. We've always been very active—we go on hikes and Jose goes to the gym and I do yoga. We read the newsletter and the emails that the program publishes and we like all the tips they give you, like drinking more water, watch your portion size, etc. The newsletters were the main thing that helped us to get involved.

Q: How did your nutrition counselor help you reach your goal?

A: Her weekly emails were very helpful to us. She discussed changing our eating habits, like being aware of portion size, eating more vegetables, drinking more water. The emails give you more accountability, especially when you're on a challenge kind of thing. I wanted to make sure that I was helping Jose get his blood levels back to normal again.

Q: Did you also become more physically active?

A: Yes, when you are losing weight, you need to keep working on your strength. So we bought bikes, we go to the trails with the bikes, we work this part of the program. Jose said he runs more than he used to; he runs for 22-23 minutes at a time. He does weight training now. He goes to the gym four times a week, and is also doing pull-ups and push-ups. Corina is going to yoga 5 or 6 days a week.

Q: What tools did the Healthy Lifestyle Challenge give you?

A: It gave us nutrition information, and access to online videos and exercises, (to see new exercises, just click on the link on the Excel sheet that is provided).

Q: Do what do you attribute your success?

A: We attribute it to our willingness to support each other. We ask each other "Have you gone to the gym?" or "How many days have you gone?" Before Jose would go a week without doing exercise. Now because of the program, he keeps it moving. Also we attribute some of our success to getting those wellness emails on a regular basis.

Q: How has your perspective on health changed?

A: It's very important to us now to be healthy. We have a constant reminder. We have to stay active to be healthy.

Q: What advice would you like to share with a fellow member who may be struggling with health issues?

A: This wellness program is really a nice benefit to have. It's easier when you do it as a team. Sometimes we are so focused on our daily work we forget about our health. You need to keep reaching your goals. You need to have love for yourself first and then try to keep yourself healthy. Just make it fun!

Martha Hagmaier Has Been Named Wellness Program Manager

With over 30 years of experience, BaySport continues to be a leader in the Health and Wellness industry. Our full circle approach to service gives our team the advantage to support all facets of a health promotion program. From our biometric screenings to risk factor reduction programs to incentive driven gamification events, BaySport can support participants through a broad range of programs and services.

Martha Hagmaier has been appointed manager of the Sound and Communications Wellness Program. She works as the Wellness Program Manager through BaySport, the Wellness organization that operates the Sound and Communications Wellness Initiative. Martha can be contacted directly at martha.hagmaier@baysport.com.

Martha has decades of experience as an executive in the wellness industry and served for 6 years as the wellness director for Electronic Arts in Redwood Shores, a company that has a workforce of over 13,000. She also served as health and fitness designer for Fit Studios in Half Moon Bay, CA.

"I'm committed to creating healthy engaging experiences using a holistic approach because I believe it is possible to learn to be our best selves so that we can get the most out of life," said Martha.

Martha has also held relevant positions in the biotech and video gaming industries with roles in sales, health and safety, workplaces and human resources.

A native of San Mateo, CA, Martha holds a BS in Human Services from Notre Dame de Namur University, Belmont. She also has multiple certifications in the wellness field, including Corporate Wellness, Mental Health First Aid, Behavioral Coaching and Personal Training.

She is developing plans to provide holistic individualized programming as well as mind/body wellness programs. She is looking forward to meeting and working with you.

Martha has a passion for wellness, and invites your comments and questions.



Martha Hagmaier, S&C Wellness Program Manager

PHOTO COURTESY OF MARTHA HAGMAIER



PHOTO BY: ADOBE STOCK

Warm Up For the Workday At Your Virtual Fitness Studio

Access to Virtual Studio is FREE to S&C members and their families!

Did you know warming up before you go to work can help ease your aches and pains? Warm up your body prior to your shift! Go to baysport.com/virtual-studio.

Visit our BaySport Virtual Studio in January to work out to “warm up for the outside laborer.” We’re focusing on simple stretches and movement to help keep your joints lubricated and your muscles healthy and strong!

The best part? It’s just long enough for you to reap the benefits with regular use—so you’ll feel more flexible and more mobile, which can increase your productivity. Who doesn’t love any of that!?

The Virtual Fitness Studio classes are part of an online platform; all you need to do is login at baysport.com/virtual-studio and select the class you wish to take. Classes offered include cardio training, weight training, Pilates training, yoga and meditation.

Password changes every month; get current password from: martha.hagmaier@baysport.com

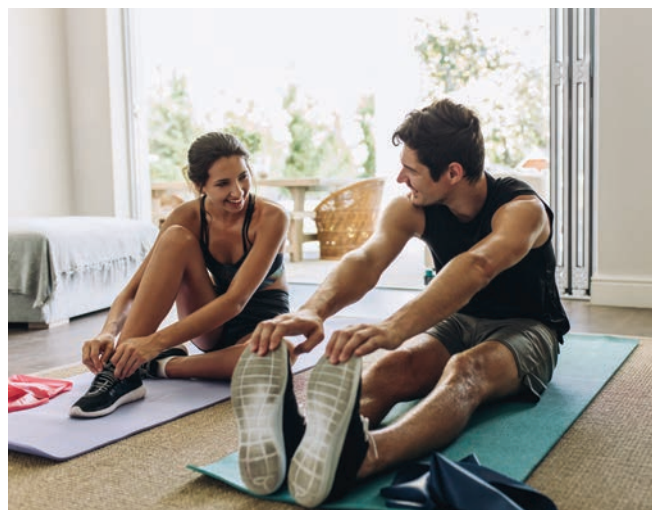


PHOTO BY: ADOBE STOCK

Flu Shot Reimbursement Program Extended through Mid-February!

What: Get Your Flu Shot & Get Paid!

Where: Your local CVS, Walgreens, Safeway

When: Between January 1-February 15

How: Easy and Simple as 1, 2, 3!



PHOTO BY: ADOBE STOCK

- Go to your local CVS, Walgreens, Safeway or any accredited Vaccination provider
- Pay the non-insurance charge (up to \$40)
- Send a photo of your receipt to martha.hagmaier@baysport.com with your name and mailing address
- We'll send you a reimbursement check as a Thank You for taking care of your health and wellbeing!

The Sound and Communications Wellness Program Provides Physical Therapists To Work With You On Repetitive Stress Injuries

Michael Marcello, doctor of physical therapy, is available to help you with any repetitive stress injuries you may have developed, in the shoulder or elsewhere in the body. His services are made available through the Sound and Communications Wellness Program. You can reach Michael at BaySport (michael.marcello@baysport.com) or by calling 650-593-2800. Or you can contact Martha Hagmaier, the manager of the Sound and Communications Wellness Program at ibew@baysport.com to let her know you need to speak with Michael.

Michael has been practicing as a DPT since 2013, working in the orthopedic and sports medicine areas. He has been with BaySport for 6 years. Michael holds an undergraduate degree and BS in Kinesiology from San Jose State University and a Doctorate in physical therapy from the University of the Pacific in Stockton.

Michael says the best way to treat a repetitive stress injury is to identify the symptoms and get on top of them early. If you wait to give the injury more time to get better, the inflammation can worsen and it can take longer to heal. Michael encourages you to get on top of the inflammatory considerations early so you can get the injury to calm down, heal faster, and get back into the swing of things.

Michael says that repetitive shoulder stress injuries can take place in either the soft tissue of the shoulder joint, or in the ligaments or a tendon. The pain can be either sharp or achy and dull, or a pinch. Or the pain can manifest as tightness. Sometimes, because the neck and the shoulder are so intimately related, you can experience a little numbness or tingling.

If you have symptoms of a repetitive stress injury in the shoulder, the best thing to do is to acknowledge the symptoms. You may feel the pain when you work or when you sleep in

certain positions. If you are starting to experience symptoms, a way to help is:

- Put ice on the injury (after work)
- Try some gentle range of motion exercises
- If the injury not better in a couple of days, call Michael at 650-593-2800 or email him at Michael.marcello@Baysport.com, or email Martha at ibew@baysport.com

Healing the injury through physical therapy can take anywhere from 4 to 12 weeks or longer, depending on the severity of the inflammation.

To prevent repetitive stress injuries in the shoulder, Michael encourages you to fine-tune the small muscles with very light (two pound) weights. "Being mindful of the fine tuners goes a long way for overall shoulder health," he says. "You don't need to go into the gym to work these out, like you do the big movers such as the pecs, deltoids, lats, etc."

Michael also encourages you to work on getting the shoulder and back area mobile. "Get a little mobility in your upper back so that joints can facilitate and complement the movement of the shoulder girdle," he says. "The overall movement of the upper back is important for the movement of the shoulder girdle as a whole. If you're pretty stiff in your upper back and you try to raise your arm into space, you're not going too far."

Michael says that talking to a physical therapist and doing participation via prevention goes a long way. "Getting ahead of things really helps," he says. "It expedites the healing process. You don't want to let things linger for too long."



*Michael Marcello,
Physical Therapist for S&C Wellness Program*

PHOTO BY MICHAEL MARCELLO



PHOTO BY: ADOBE STOCK

Know Your Numbers! Get Your Free Health Screenings Through Your Wellness Program!

How well do you know your wellness numbers?

Do you know your blood pressure, body mass index assessment, or total cholesterol?

How about your HDL cholesterol, LDL cholesterol, CHOL/HDL ratio, Triglyceride and Glucose?

Learn all these numbers now! We have partnered with LabCorp, one of the largest clinical laboratory networks in the world, so you can get quality comprehensive screenings at your convenience!

Your screening will include a blood draw from the arm to determine your blood results. Be sure to allow at least 20-25 minutes for your Wellness screening appointment.

Email Martha.Hagmaier@baysport.com to receive the correct LabCorp Requisition form and follow the easy steps below:

To schedule a screening through LabCorp:

- Log on to www.labcorp.com
- Enter zip code in "Find a lab" and click search
- For type of service, select "Employee Wellness with Body Measurements"
- Choose a convenient location and click "schedule an appointment."
- You will be asked whether you will be fasting (fasting is recommended but not required)
- Under insurance coverage, select "Other." You should not provide any insurance information to LabCorp at any time during this evaluation.
- Email Martha.Hagmaier@baysport.com to receive the correct LabCorp Requisition form.
- Fill out the LabCorp Requisition form and take it with you to your appointment.
- After your appointment, you will receive your results via a secure private link electronically and also via US mail approximately five to seven days after your appointment.
- If you would like to schedule an appointment to review your results, contact Martha.Hagmaier@baysport.com
- Why wait? This program is FREE to all members and their spouses!

Your Health And Welfare Trust Fund Important Phone Numbers

Questions about eligibility for coverage, premiums, reserve accounts, and info booklets, call:

Plan Administrator - United Administrative Services
408-288-4400
Toll-Free 1-800-541-8059

Trust Self-Funded Medical And Dental Plan

Questions about claim payment, claim forms and benefit info:
408-288-4400
Toll-Free 1-800-541-8059

Anthem Blue Cross Medical PPO
www.anthem.com/ca
To locate a participating preferred provider physician, clinic, or hospital:
408-288-4400 or 1-800-541-8059
Refer to Group # 170016M001

Anthem Blue Cross Dental PPO
www.anthem.com/ca
To locate a participating preferred provider dentist:
408-288-4400 or 1-800-541-8059
Refer to Group # 170016M001

Kaiser Permanente
www.kaiserpermanente.org
Questions about benefit info and ID Cards:
Toll-Free 1-800-464-4000
Refer to Group # 919

Optum Health
www.OptumHealth.com
Questions about mental health and substance abuse benefits or the member assistance program:
Toll-Free 1-800-888-2998
Group # 10000824-0001, 0002

Vision Service Plan
www.vsp.com
Questions about vision benefits and vision claims or to request a Vision Plan Provider Directory:
Toll-Free 1-800-877-7195

To order additional copies of *The DATA* contact
jfordley@hillzoog.com

IBEW/NECA Sound & Communications Health & Welfare Plan

Featured Health & Welfare Plan Benefit - Vision Benefits through VSP

The IBEW/NECA Sound & Communications Health & Welfare Plan covers vision exams and pays a portion of the cost for prescription glasses or contact lenses.

Who is covered by VSP?

All participants and their eligible dependents covered under the Trust's Self-Funded Medical PPO plan and the Kaiser HMO plan.

For new employees, vision benefits for you and your eligible dependents start when you are eligible under the Plan.

How to Obtain VSP Benefits

- To find a VSP network doctor:
 - Call 1-800-877-7195
 - Check the website: www.vsp.com (VSP "Signature" Provider Network)
- Call the VSP network provider and make an appointment. Identify yourself as a VSP Member.
- Pay the copayment for the exam (\$10 copay for adults; no copay for children age 0-19) and the \$25 copayment for the prescription glasses to the VSP provider. If you order glasses or contact lenses and the cost exceeds the covered amount or "allowance," you will have to pay the difference.



PHOTO BY: ISTOCK PHOTO

Non-VSP Provider Benefit

If you receive an eye exam or obtain prescription glasses or contacts from a licensed provider who is not part of the VSP network, you can apply for reimbursement. See the chart below for non-network reimbursement amounts. Call or check the VSP website for the *Out-of-Network Reimbursement Claim Form* and instructions.

Vision Benefit	VSP Network Provider	Non-VSP Network Reimbursement
WellVision Eye Exam <ul style="list-style-type: none"> 1 exam every 12 months 	Adults: \$10 copay Children (Age 0-19): No copay	Up to \$50
Prescription Glasses <ul style="list-style-type: none"> Lenses New lenses every 12 months Frame New frame every 12 months 	Copay: \$25 Lenses are included in the \$25 copay for prescription glasses Up to \$150 allowance for frames, plus a 20% discount on the amount over your allowance	Up to \$50 for single vision lenses; \$75 for lined bifocals, \$100 for lined trifocals Up to \$70
- OR - Contact Lenses <ul style="list-style-type: none"> 1 set every 12 months instead of glasses Contact lens exam (fitting and evaluation) 	Up to \$150 allowance for contacts. Copay does not apply. Copay: up to \$60	Up to \$105

This summary has been designed to give you a general overview of the Plan's Vision benefits effective January 1, 2022. It does not, however, attempt to explain all the details, provisions, limitations, restrictions and exclusions of the Plan's Vision benefits.

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of Northern California