



Spring 2008

Official Publication of the UFCW and Employers Arizona Health and Welfare Fund

Staying 'Healthy Together'

Healthy Together is a voluntary and confidential program for disease management that is available for Fund participants and their covered dependents.

This free program is designed to help people deal with conditions such as asthma, chronic obstructive pulmonary disease, congestive heart failure, coronary artery disease, diabetes, high blood cholesterol, high blood pressure and low back pain.

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Prevent children's summertime injuries

See page 4

Know Your Benefits is the quarterly publication of the United Food and Commercial Workers & Employers Arizona Health & Welfare Fund. Each issue informs Fund participants about new developments and help them make the best use of their medical benefits.



New Mammography Benefit

Effective Jan. 1, 2008

Mammography Screening. Charges for (i) one single baseline screening mammogram for women between the ages of 30 and 39 and (ii) an additional mammogram every calendar year for women age 40 and over (or more frequently based on medical necessity and a physician's order). This benefit is subject to a calendar-year maximum of \$300, **IS NOT SUBJECT TO YOUR DEDUCTIBLE**, and pays at your plan's co-insurance percentages.

Southwest Service Administrators, Inc.
2400 W. Dunlap Ave. #250
Phoenix, AZ 85021



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Staying 'Healthy Together'

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A staff of health professionals, including registered nurses, dietitians, physical and respiratory therapists, certified diabetes educators, behavioral health therapists and physicians, offers support, guidance and education for managing chronic diseases.

Why you should enroll

- A team of nurses, dietitians and counselors will help you learn to improve your health and quality of life.
- The program works with your doctors and health providers to support your care and get you the services you need.
- You will find answers to your health questions and learn where to find resources you need in the community.

(Please see next page)



Healthy Together advantages

When you enroll in Healthy Together, you will receive:

- ✓ A personal health coach who will call you regularly to talk about your health and how you feel.
- ✓ Support when you need it.
- ✓ Resources you can use.
- ✓ Access to a website with information about health topics for you and your family.
- ✓ Educational materials to help you better understand your condition and ways to improve your health.

