

**AMENDMENT NO. 4
TO THE
MARCH 1, 2007 RULES AND REGULATIONS
OF PLAN 501-A
OF THE
UNITED FOOD AND COMMERCIAL WORKERS AND
EMPLOYERS ARIZONA HEALTH AND WELFARE TRUST**

1. Effective January 1, 2005, the following sentence is added to Article 1, Part C, Section 1C.02:

Benefits continued under this Section may, in the discretion of the Trustees, include all fund benefits.

2. Effective January 1, 2009, the following entry is added to Article 4, Part A, Section 4 A.01:

Trustee-Approved
Mail Order Diabetic 100%
Supplies Provider

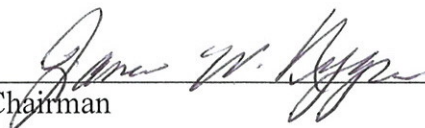
3. Effective January 1, 2009, the following sentence is added to Article 4, Part A, Section 4 A.03(1):

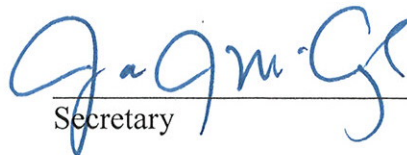
The deductible does not apply to the Trustee-Approved Mail Order Diabetic Supplies

4. Effective January 1, 2009, the following paragraph is added to Article 11, Section 11.08:

No individual will be considered a Dependent under this Plan in the absence of specific documentation to substantiate dependent status, including accurate identification information (e.g., Social Security Number, Medicare health insurance number, etc.)

The undersigned Chairman and Secretary of the UFCW and Employers Arizona Health and Welfare Trust do hereby certify that the foregoing Amendment to the Plan 501-A Rules and Regulations was duly adopted by the Board of Trustees at a meeting duly called and held on March 26, 2009.


Chairman


Secretary

3-26-09
Date

3/26/09
Date