

**AMENDMENT NO. 3  
TO THE  
RULES AND REGULATIONS  
OF PLAN 501-C  
OF THE  
UNITED FOOD AND COMMERCIAL WORKERS AND  
EMPLOYERS ARIZONA HEALTH AND WELFARE TRUST**

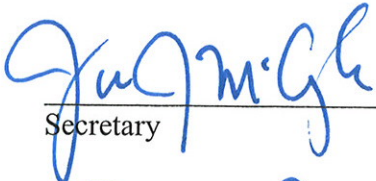
1. Effective June 1, 2009, the deductible amounts of Sections 4A.01, 4B.01 and 5A.01 are increased to \$250 per person per Calendar Year and \$750 per family per Calendar Year.
2. Effective June 1, 2009, the attachment point for 100% reimbursement of Allowable Expense which is expressed in Section 4A.01 is increased from \$10,000 to \$20,000.
3. Effective June 1, 2009, the physician office visit co-payment expressed in Section 4A.01 is increased from \$15 to \$20.
4. Effective June 1, 2009, the prescription drug provisions of Article 4, section 4A.01 are amended and restated to read as follows:

|                                      | NETWORK   | NON-NETWORK   |
|--------------------------------------|---|---------------|
| Prescription Drugs – Generic         | 100% less \$10 co-pay per prescription              | 60%           |
| Brand Name (when no generic exists)  | 100% less \$20 co-pay per prescription              | 60%           |
| Brand Name (when generic exists)     | 100% less \$30 co-pay per prescription              | 60%           |
| Maintenance Medication 90 Day Supply | 100% less 2 times the applicable co-pay noted above | Not Available |

5. Effective June 1, 2009, the dental deductible amount expressed in Section 7A.01 is increased from \$50 to \$100.

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-C Rules and Regulations was duly adopted by the Board of Trustees at a meeting duly called and held on July 23, 2009.

  
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 Chairman

  
 \_\_\_\_\_  
 Secretary

7-23-09  
 \_\_\_\_\_  
 Date

7.23.09  
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 Date