



Annual Benefit Fair

Plumbers Local Union No. 1 Welfare Fund
Home of Your Employee Benefits



Due to COVID-19 concerns and the Governor's Executive Order limiting large groups congregating, we will not be able to host our 21st Annual Benefit Fair. While we will miss this event, we would like to provide you some important reminders below:

Retirement Planning

Check your Financial Wellness online at:

- **IMPORTANT UPDATE:** The CRD limit for withdrawals from your 401(k) Plan during the COVID crisis has been increased to \$50,000 effective October 1, 2020. Please reach out to Prudential Retirement at 877-778-2100 to learn more.
- Logon to the Prudential website: **UA1.retirepru.com** to access your account information, review the financial tools and resources available to you and much more.
- o Logon to **www.ppnpf.org** to access your Pension details, view your contribution history and review info available.

Preventive and Medical Care

We want to remind all of the Benefit offerings available:

- Tele-Health via **Live Health Online** available for Members eligible under the Empire Plan for non-emergent healthcare issues (cold, flu, pink eye, etc.) Avoid long waits in doctors' offices and pay a \$5.00 co-pay for visits – download the app today!
- o Take advantage of our Employee Assistance Program through Optum Health. Visit **liveandworkwell.com** or download the Live and Work Well app to get started. Password is plumbers.
- o Make the most of Empire's 24/7 Nurse Line to speak with a medical nurse for health questions or advice by calling 800-300-8181.
- o Seasonal Flu shots at **no cost** at CVS for eligible and retired members and dependents.

Let's Keep
October Your
Health Care
Month

Visit our portal at
MyBenefits.nypl1f.org

**PREVENTION
RATHER THAN
CURE**

You can better ensure wellness and good health by taking advantage of **free** annual physical examinations and other preventive screenings!