

2024



MID-ATLANTIC REGIONAL COUNCIL
— CARPENTERS BENEFIT FUNDS —

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FIRST BENEFIT NEWSLETTER!

- A Letter From the Executive Fund Director
- Benefit Fund Website/My Profile
- Teleadoc
- Other Beneficial Apps

M A R C C . C A R P E N T E R S . F U N D

A LETTER FROM THE EXECUTIVE FUND DIRECTOR

Dear MARCC Participant,

As a valued member of the MARCC Benefits Fund, we want to ensure that you have the most up to date and easiest access to the Benefits you work so hard for.

We are pleased to launch your first newsletter tailored to keep you informed and engaged about these benefits. Please read the information provided and be on the lookout for newsletters every quarter going forward. In this quarter's edition, you will find information about:

- **My Profile:** the "My Profile" portion of the Fund's website will be your one-stop shop for all things benefit related. We are constantly working on updating the features to allow you to track your eligibility, annuity balances, and pension information in real time. The features will be available in the coming months. **DON'T MISS OUT!** To ensure you know when they go live, visit the new "My Profile" area of the website, log in, and confirm/update your census information so you don't miss valuable announcements in the future.
- **Teladoc Virtual Care:** we want to make sure you are aware and take advantage of the Virtual Care options through Teladoc. Please read pages 3 & 4 to make sure you know how to register and use this benefit for your convenience and cost savings.

Our goal is to serve you better and provide a higher level of Benefits. This newsletter and the Fund's website hopefully will help meet that goal.

Warm regards,



Pete Tonia
Executive Fund Director

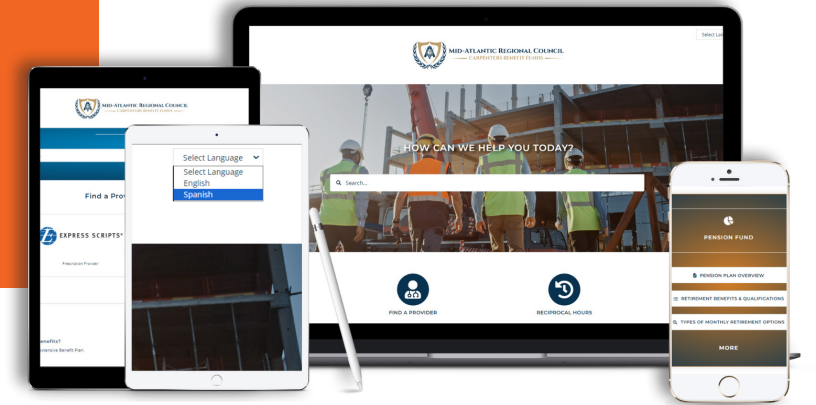


Explore all your *benefits* in one spot

marcc.carpenters.fund

Medical | Pension | Annuity

- ✓ Download online forms
- ✓ Search for a medical provider
- ✓ Keep up with Fund news
- ✓ Submit Reciprocal hours



Introducing *My Profile*

The My Profile area, will be your one-stop shop for all things benefit related unique to you. The Fund is working to update the features to allow you, by the end of 2024, to:

- Check you hours in real time
- View your annuity balance
- View you pension credits
- Make changes to your personal information

DON'T WAIT! To ensure you have access to these features as they become available, register your account today and confirm your address, email, and cell phone number.

How to Create an Account:

- | Scan QR code above
- | Click 'Create Account'
- | Enter your information into the required fields to verify your identity and create your account.
Only Mid-Atlantic Regional Council Carpenters members can register and log into the website.
- | An activation code will be sent to the email address you provided. **You will need to use this activation code to activate your account and login.**



Scan the QR code to create a profile account



FREE BENEFIT

Teladoc HEALTH

24/7 VIRTUAL CARE PROVIDER!

Virtual care isn't just a convenience

Teladoc provides convenient, 24/7 access to non-emergency medical care from anywhere, making it easy to manage health concerns quickly and affordably without disrupting your work, travel, or home life.

Covered 100%

Even if you haven't met your deductible yet

Using Teladoc General Medical is quick and convenient

Features include:

How Teladoc General Medical works



Initiate: You can access Teladoc by:
• Calling 1-800-835-2362, or
• Visiting teladoc.com, or
• Downloading the Teladoc mobile app



Request: Schedule a visit at your preferred time or request an on-demand visit for an urgent need.



Visit: Meet with your doctor, who will evaluate you and answer your health questions.



Resolve: Your doctor uploads a visit summary to your Teladoc file, sends any prescriptions to your pharmacy, and provides details for follow-up.



Access to one of the largest virtual care networks in the country, with board-certified doctors who are available by phone, web, or the Teladoc award-winning mobile app

Interpreters who know your language, including American Sign Language (ASL)

Prescription requests sent to your pharmacy of choice

A care-giving option, which allows a babysitter to schedule a visit on your behalf if your child gets sick while in their care

Teladoc HEALTH sign-up form with fields for Username, Password, First name, Last name, Date of birth, Country, Zip code, Email address, Sex assigned at birth, and Preferred language for visits.

★ DO NOT CHECK THIS BOX NO ACCESS CODE REQUIRED

Teladoc also includes Mental Health Care and Dermatology

Teladoc Mental Health Care provides convenient, confidential access to trusted professionals who can help you manage stress, anxiety, grief, depression, and more.

Using Teladoc Mental Health Care is easy. You can:

- Find a board-certified psychiatrist, psychologist, or therapist that meets your needs
- Schedule a virtual visit by phone or video at a time that's best for you to connect
- Get ongoing support from your mental health care provider

Compassionate care for mental well-being

Teladoc Mental Health Care providers can offer support for:

- Anxiety
- Attention-deficit/hyperactivity disorder (ADHD)
- Depression
- Eating disorders
- Grief
- Obsessive-compulsive disorder (OCD)
- Panic disorder
- Post-traumatic stress disorder (PTSD)
- Stress
- Trauma resolution
- Work pressure



More than 75% of users with depression or anxiety reported improvement after their third or fourth virtual care visit.

Connect with a board-certified dermatologist

If you have concerns about your skin, Teladoc Dermatology can connect you to doctors who can diagnose your condition, recommend a treatment plan, and provide follow-up. Teladoc Dermatology gives you access to board-certified dermatologists anywhere you are. Whether you have a question about a recent skin change or need help managing a chronic skin condition like acne, rosacea, or psoriasis, Teladoc Dermatology can help.



Using Teladoc Dermatology is quick and convenient. You get access to:

- A network of board-certified dermatologists
- An online message center where you can connect with your dermatologist
- A personalized treatment plan with follow-up care

Upload a minimum of three digital pictures, so the dermatologist can evaluate your skin!



Sign Up Today!



Scan here for more information

Make sure to download these other apps to help you navigate your benefits



Independence Administrators



Express Scripts



Cigna Dental

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Benefits in this newsletter DO NOT apply to Medicare Participants.

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