



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116
Benefits Officer - Eddie Moncado
Staff – Maria & Racheal

Benefits Bulletin #5 - 2025

MAY 2025 BENEFITS BULLETIN

BENEFITS INFORMATION

- Dental Implants - This is a separate benefit through the ILWU-PMA Welfare plan Group #6339
- Delta Dental Group Number: 01713 Adults, 01 Kids (age 19 and under). Contact ODS at 1-888-335-8227 or WDS at 1-800-367-4101
- Dental Health Services: 1-800-637-6453 or dentalhealthservices.com
- Harbor Dental Associates: 1-310-835-3144 or 1-310-410-9470
- Hearing Aid Benefit every 3 years. 100% of the expenses incurred up to \$4,000.00 per ear or \$8,000.00 for both ears - Forms can be downloaded at the www.benefitplans.org website.
- Vision Service Plan (VSP) Contact information: 1-800-877-7195 or www.vsp.com
- Optum Rx - this is our Prescription Drug Program: 1-800-356-3477
- Intraocular Lense (IOL) Implants www.benefitplans.org for more information.
- Flu, Covid and Pneumococcal shots are covered by Medicare Part B
- www.benefitplans.org (This is where you can access information, download forms etc.)
- Benefit Plans Office phone number: 1-888-372-4598; Fax# 1-415-749-1400

IMPORTANT MEDICARE INFORMATION

- **After retirement** Medicare Part A & B are your primary insurance and the ILWU-PMA Coastwise Indemnity Plan. Kaiser Members will assign Medicare benefits through Medicare.
- **DO NOT SIGN UP FOR MEDICARE PART D** (Prescription Benefits through Medicare)
- Please open all mail from the Benefit Plans Office
- Medicare & Your Booklet. This gets sent out every year.
- Social Worker, Case Manager or Patient Advocate to help navigate through your benefits.
- 988 Crisis and Suicide Lifeline - 24 hours a day. Help is available, Languages: English & Spanish
- Please be aware of fraud. Never give any information to people you don't know!

FRIENDLY REMINDER

We are currently working diligently on Welfare/Pension claims, please make sure all your dr. notes have been submitted to the Dues office.

For members and their families that are continuously having problems with Chiropractor care, please contact Innovated Care Management (866) 275-1014

ADA JPLRC

(Americans with Disability Act Labor Relations Committee (ADA LRC))

Americans with Disabilities Act Labor Relations Committee (ADA LRC) meetings are held twice each month on the **first and third Tuesdays** unless otherwise noted. If you are seeking reasonable accommodation, or if you would like to revise or update your existing reasonable accommodation, meetings will be held at Local 13. Be sure to have all your original paperwork from your providers with you. Members must sign in, and they are seen on a **first-come, first-serve basis**.

(Over)

Important Information For Active Members:

Important Plan Information to keep updated with the BPO in SF:

- Home address, current phone numbers and emails
- Beneficiary designation form-keep current. This is for the Life, Accidental Death and Accidental Dismemberment Benefit. **(This is for active and retired Longshore members only.)**
- Marital status
- Dependent status
- OIC forms will come once a year. Please fill out and return. **If this form is not filled out and returned, your dependents' claims will not be processed and paid.**
- Durable Power of Attorney and Advanced Directive

Medical Information:

- Kaiser Members who need Emergency Services away from home- call the Member Services at: 1-800-813-2000.
- Coastwise Indemnity plan (CIP) Members: Blue Shield Network is the Preferred Provider Organization (PPO). **Customer service M-F; 1-800-955-7376 Option 3, 8-5pm. Remember to stay in network for providers and facilities. Always ask if they are a PPO provider.**
- Explanation of Benefits (EOB's) from the Claims Office. Please read. If there is something that doesn't look accurate let me know and I will look at it. **It is very important to look at and read them. If you receive an Accident Claim Form from the Claims Office-fill it out ASAP. This is just a form making sure that there is no third-party liability.**
- **I highly recommend getting all procedures pre-authorized prior to the procedure. That way if there are issues with medical necessity, they can be addressed before your procedure.**
- www.benefitplans.org (This is where you can access information about your benefits, download forms, Memo to Port archive, etc.)

Pension Information:

- **The Pension Plan asks that you fill out your Retirement Application 6 weeks prior to your retirement date. Download information and application packets from the Benefit Plans website: www.benefitplans.org.**
- Anyone who might be interested in retiring can call me, and I can request a Retirement Benefit Estimate & Information letter from the BPO. This letter will explain your Retirement & Pension benefits.
- Social Security Supplementation Benefit (SSSB) this benefit is based on PGP payments. The Benefit Plans Office will send you information and let you know if you are eligible for this benefit. This is not payable until you start receiving Social Security

Tax Information:

- Kaiser will be sending out 1095-B forms for Kaiser Members.
- The Benefit plans Office will send out 1095-B forms to CIP Members.
- PMA & Employers will also be sending out 1095-B forms.

Misc. Reminders:

- **Area Welfare Office:** 4510 East Pacific Coast Highway Suite 590, Long Beach, CA 90804
- Office hours: 8:30 a.m. – 5:00 p.m., Monday through Friday
- Phone# (310) 833-5144 fax# (310) 833-0735
- **ADRP Representative:** 200 Pine Avenue Suite 280, Long Beach, CA 90802
- Office hours: 9:00 a.m. – 5:00 p.m., Monday through Friday
- Phone# (310) 547-9966
- Please open ALL mail from the ILWU-PMA Benefit Plans Office and Coastwise Claims Office. If you have any questions, please feel free to call the Coastwise Claims Office at: 1-800-955-7376.
- ***Due to budget cuts & staff having to be mindful of overtime, walk-ins will not be seen after 3:30 p.m. every day.***

The world needs less machinery and more humanity.



Eddie Moncado #131390
Local 13 Benefits Officer