



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
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Health & Benefits Bulletin #8 (2) - 2025

AUGUST (2) 2025 HEALTH & BENEFITS BULLETIN

THE HEALTH BENEFITS OFFICE IS CLOSING

Brothers and Sisters, as we all know Wednesday, August 27, 2025, will be the day that our decision will determine the future of the *Health Benefits Office representation at Local 13*. Below please find vital contact information to use in case the membership decides to get rid of this office. Just a reminder, when you contact the following, please make sure to have a scanner, fax machine and in some cases a notary available to be able to handle your business in a timely manner.

Included below is also contact information for the Southern California Area Welfare Directors, they are available *by appointment only* and conveniently located by the Traffic Circle in Long Beach. Please be patient, as they also assist Locals 94, 63, 46, 29, 26, Pensioners and now Local 13 (the biggest local in So. Cal).

Benefit Plans Office (BPO) San Francisco The BPO website has valuable information about our various benefit plans, providers, and other contact information.	(415) 673-8500 (888) 372-4598 www. Benefitplans.org
ILWU-PMA Coastwise Indemnity Plan/Zenith Call this number for unpaid medical bills and supplement pay.	(800) 955-7376
Disability (State of California) Call this number for inquiries about disability insurance (SDI), paid family leave (FMLA), or unemployment.	(800) 480-3287 www.edd.ca.gov/disability
Fidelity Call this number if you have questions about our 401k plan.	(800) 761-4598 www.fidelity.com
Innovative Care Management (ICM) Call this number for medical services that require preauthorization and/or appeals.	(866) 275-1014
ILWU Credit Union Call this number if you need financial assistance	(310) 834-6411 www.ilwucu.org
Kaiser Permanente Call this number if you have an issue that needs to be escalated beyond the regular member services number. Both the website and the mobile app are user-friendly.	(818) 557-3964 www.kp.org
Medicare Call this number to inquire about eligibility and to enroll in Part A and B.	(800) 633-4227
Social Security Administration Call this number if you have issues with your social security.	(800) 772-1213
US Department of Labor/Longshore Division Call this number if you have a new or pending worker's compensation claim.	(562) 980-3577
Southern California Area Welfare Directors Call this number to obtain information about your benefit plans, providers, retirement, etc.	(310) 833-5144
ADRP – Alcoholism/Drug Recovery Program Call this number if you need assistance regarding various benefits for chemically induced illnesses.	(310) 547-9966
Local 13 Offices Call this number for any/every department other than the Health Benefits Office.	(310) 830-1130
Pacific Maritime Association (PMA) PMA is our employer and handles inquiries regarding disability, doctor notes, payroll, unemployment and shoe voucher.	(562) 495-7600 Selfservice.pmanet.org 



FOOTBALL

LA MEMORIAL COLISEUM

August 30th and September 6th

Additional Dates To Be Added

**SCAN TO GET \$70 OFF
YOUR FIRST TWO (2) TICKETS**



OFFER SUBJECT TO AVAILABILITY TICKETING FEES APPLY



HEALTH TIP



STRESS MANAGEMENT – Techniques and Strategies to Deal with Stress

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your overall physical and mental health. It narrows your ability to think clearly, function effectively, and enjoy life.

To release stress, engage in activities that promote relaxation and reduce tension. This can involve physical activity like exercise or walking, mindfulness practices like meditation or deep breathing, and activities that bring joy and relaxation like hobbies or spending time in nature.

You can also try limiting exposure to stressful situations and seeking social support when needed.

ADA JPLRC

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

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If you have been cited to appear or if you would like to revise your existing accommodation(s), please plan to attend, meetings are scheduled for the **first and third Tuesdays of each month at Local 13** unless otherwise noted.

The world needs less machinery and more humanity.

*Eddie Moncado #131390
Local 13 Health & Benefits Officer*