



FEBRUARY 2024 BENEFITS BULLETIN

The Benefits Office of Local 13 is proud to invite you to several important events happening this month:

1. The next **PENSION WORKSHOP** will take place on Thursday, February 8, 2024 at 11 am at the ILWU Credit Union in Long Beach. This is for members thinking about retiring this year. It is sponsored by the ILWU-PMA Benefit Plans and will be facilitated by our Area Welfare Director, Sam Alvarado. RSVP is required for this event and the flyer is on this page.
2. The next **MENTAL HEALTH RESOURCE FAIR** is for anyone who needs support dealing with anxiety, depression, substance abuse, the loss of a loved one, or thoughts of suicide. It will take place on Wednesday, February 14, 2024 from 10 am to 1 pm at Point Fermin Park. This is hosted by various Los Angeles County agencies and is free and open to the general public. The flyer is on the back page.
3. The next **SURVIVOR WORKSHOP** will be held on Thursday, February 22, 2024 at 5:30 pm at Local 63. This is for surviving spouses and dependents of ILWU members/retirees. It is sponsored by the ILWU-PMA Benefit Plans and will be facilitated by our Area Welfare Director, Sam Alvarado. RSVP is required for this event and the flyer is on the back page.
4. A meeting regarding **UNPAID CHIROPRACTIC CLAIMS** will be on Thursday, February 29, 2024 from 12-1 pm at Local 13 and ON ZOOM for members or retirees whose claims have not been paid. You must RSVP to attend in person for space/refreshment purposes. Zoom is for any member/retiree.



ILWU-PMA BENEFIT PLANS
PENSION WORKSHOP

THURSDAY,
FEBRUARY 8, 2024

11:00AM

LOCATION: ILWU CREDIT UNION
3447 ATLANTIC AVENUE
LONG BEACH, CA 90807

DUE TO LIMITED SEATING, RESERVATIONS ARE NECESSARY.
YOU MUST BE ON THE LIST & RECEIVE CONFIRMATION OF RESERVATION

RESERVATIONS REQUIRED:
EMAIL: LHOLTON@BENEFITPLANS.ORG
AND PROVIDE THE FOLLOWING:
- NAME/GUEST NAME - REGISTRATION NUMBER
- PHONE NUMBER

PRESENTED BY:
Sam Alvarado, MSW
ILWU-PMA BENEFIT PLANS
SOUTHERN CALIFORNIA AREA
WELFARE DIRECTOR

ILWU-PMA BENEFIT PLANS

Got unpaid chiropractic claims?

Local 13 members/retirees whose chiropractors are not being paid are invited to join us IN PERSON or ON ZOOM to discuss the steps necessary to appeal, request a Full and Fair Review, or if necessary, to arbitrate.

Thursday, February 29, 2024 from 12-1 pm

IN PERSON at ILWU LOCAL 13
630 South Centre Street
San Pedro, CA 90731
RSVP to Benefits@ilwu13.org

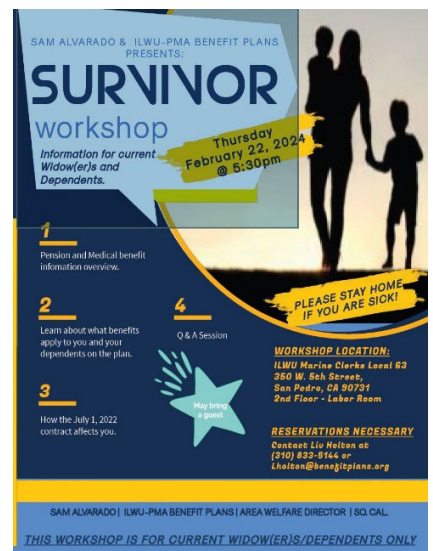
VIRTUALLY ON ZOOM
Meeting ID 885 107 0561
Passcode 017174
For any Local 13 member/retiree


Flyers for events 2 and 3 are on the back page →



If these images are too small,
 please contact us at
Benefits@ilwu13.org
 with your full name and
 registration number in the subject.
 Let us know which flyer you need
 and we will email it to you.


Or, you can stop by the Local 13
 business office for a hard copy.





As of this printing, there are **2,603** Local 13 members who have not returned the annual **Other Insurance Verification Form** that is due **EVERY YEAR** on December 31st! This form is mailed out to members who have dependents. If your form is not received, your dependents' claims may **NOT BE PAID!** Please call **(800) 955-7376** to:

✓request a new form ✓submit/verify your information ✓ask questions about claims




Labor Relations Committee (LRC) meetings:

- ✓ Tuesday, February 6, 2024
- ✓ Tuesday, February 20, 2024
- ✓ At ILWU Local 13 in San Pedro at 9 AM.
- ✓ Members are seen on a first come, first serve basis.

Did you know...?

- ♥ email allows us to assist MORE members FASTER?
- ♥ most emails are responded to within hours, but usually within MINUTES?
- ♥ most benefits inquiries/requests can be processed by email?
- ♥ you can access and refer to our email replies 24/7 if you forget something?



If you need assistance with anything related to your **WELFARE** or **PENSION** benefits that is **NOT** urgent, please submit an email to **Benefits@ilwu13.org** with your **full name** and **registration number** in the **subject line** of the email. Please include your **phone number** in the body of the email and be **brief but specific** with your inquiry/request.

Even though most inquiries are addressed very quickly, **we do ask for your patience** because it can take up to two business days if we are very busy.

Email is **NOT** suitable for emergencies! Please call (310) 830-1130 if you are in a hurry and cannot wait for an email response. The Benefits Office is open during normal business hours which are **Monday through Friday from 8:30 am to 4:30 pm**. Peak hours are between 11 am to 1 pm so wait times might be longer. **Thank you for understanding. We look forward to assisting you!**

In service to our local, our union, and our community.

Vivian

Vivian Malauulu, M.A. Ed. Admin.
 Benefits Officer

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OPEIU #537/MV

