



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116

from your Benefits Office
Benefits Bulletin #4-2025

APRIL 2025 BENEFITS BULLETIN

MESSAGE FROM YOUR BENEFITS REPRESENTATIVE

At the Benefits department, we hope this bulletin finds all of you in the best of health and spirits. April is a special month because it marks the arrival of Spring, blooming vibrant flowers, and for our LA & LB Ports...let us hope for a strong surge of work.

Due to budget cuts & staff having to be mindful of overtime, walk-ins will not be seen after 3:30 p.m. every day.

LOSS OF WELFARE PLAN ELIGIBILITY EFFECTIVE JULY 1, 2025

HOURS REQUIREMENT FOR WELFARE PLAN YEAR JULY 1, 2025

Total hours requirement for Welfare eligibility are 800 Credited hours in 2024.
Payroll Year or 400 Credited hours in second half of 2024 Payroll Year.

If you **receive notice** from ILWU/PMA Benefit Plans, you must proceed with the following:

1. Submit documentation to the Local 13 Health Benefits Office as soon as possible or your Welfare Plan Benefits will **TERMINATE** effective July 1, 2025.
2. Must submit a brief letter from your doctor stating the entire time you were *disabled and unable to work* during the year **(NOTE: A diagnosis is NOT required)**.
3. **EXAMPLES OF DOCTOR'S NOTE:**

Patient was under my care and unable to work from _____ to _____

Patient was under my care and totally disabled from _____ to _____

(IMPORTANT REMINDER: Doctor's note must be on doctor's letterhead, dated currently, and signed by the doctor.)

PENSION WORKSHOP

Presented by your ILWU-PMA Benefit Plans Area Directors:

Sam Alvarado, M.S.W. & Robin Leake

Wednesday, April 23, 2025, 12:00 p.m. – 2:00 p.m.

ILWU Memorial Hall, 231 West "C" Street, Wilmington, CA 90744.

No Reservations Required!

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**.

HEALTH TIP

Empowering members in creating a culture of health in 2025. Explore health and wellness resources with Kaiser Permanente.

Fitness Discount Program:

Effective January 1, 2025 members have access to Optum OnePass Select on gym memberships, digital solutions, flexible memberships, healthy meal delivery and a discount program for acupuncture, chiropractic, and massage therapy. Access to the fitness programs at kp.org/exercise

Program details: One Pass Select Affinity from Optum can help you reach your health goals, whether you work out at home or at a gym. Your membership gives you access to thousands of gym locations and studios in the Optum network. And with digital fitness classes and on-demand workouts, you can create the workout plan that works for you. From strength training and swimming to yoga classes and grocery delivery, find what you need for whole-body health in one easy plan. You'll also get access to Optum's affinity musculoskeletal program. Enjoy 20% off chiropractor, acupuncture, and therapeutic massage services at participating providers.

Here for your total health. Community Resources:

If you ever need help with your daily needs, it's good to know where you can turn. The Kaiser Permanente Community Support Hub includes a community resource directory as a convenient online tool to help you find services for health food, housing, childcare, financial assistance, transportation, and more. Visit kp.org/communityresources or call (800) 443-6328.

Support while you're away:

Need help finding care or learning what's covered while you're away? Call the Away from Home Travel Line at (951) 268-3900 or visit kp.org/travel

SPECIAL PROMOTION OFFERED TO OUR LOCAL 13 MEMBERS



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ILWU LOCAL 13
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- Cardio w/Individual TVs
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- Recovery Massage Chairs
- Unlimited VIP Guest Privileges
- Swimming Pool & Hot Tub
- EoS Smart Strength Equipment
- The EoS Yard®: Turf Functional Training Area
- Variety of Group Fitness Classes
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- Saunas
- Expansive Kids' Club*
- Access to all EoS Fitness Locations
- And Much More!

Have any questions? Contact wellness@eosfitness.com

SPECIAL MESSAGE

We at the Benefits office appreciate everyone's hard work, ***thank you*** to all pensioners, active union brothers, sisters, staff, and friends of labor. You are ***all*** powerful beyond measure.

The world needs less machinery and more humanity.



Eddie Moncado #131390
Local 13 Benefits Officer