



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION | LOCAL 13

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Health & Benefits Officer - Eddie Moncado

Staff - Maria & Racheal

Benefits Bulletin #12 - 2025

DECEMBER 2025 BENEFITS BULLETIN

A message from your Benefits Officer Eddie Moncado

Brothers and Sisters,

As we begin to close out this year, I'd like to thank you all - not just being you, but for all your hard work. Here are some numbers:

- **Port of Los Angeles:** From January through September 2025, cargo volume is up 3%, and the third quarter was a record. It was the Port's busiest 3-month quarter on record, all because of my Brothers' and Sisters' hard work.
- **Port of Long Beach:** from January through September 2025, cargo volume is up 6.8%, and the third quarter was the Port's second busiest quarter on record - again, all because of **YOU**.

Thank you for your hard work! UTR drivers, thank you! CY Tops, thank you! Los Lashers, I appreciate you, Crane Operators, thank you!, Heavy Lift drivers, my hats off to you, Swingmen, Porters, Signals, Shovelers, Sweepers, KDPT's, Gearmen, Linesmen, Auto Drivers - Thank you!

To all my Brothers & Sisters on the docks doing general work; those working with soda ash, coal, cement, salt, and who knows what else; those who take clerk jobs or elevate and give the Foremen a breather, thank you! To the Mechanics that fix all our broken equipment, thank you! I appreciate ALL of you for all that HARD WORK.

Through all the elements, you continue to do a great job 24/7, 365 days a year. To all of you and your families - to our Officers, my BAs, Dispatchers, Pensioners, and our great Staff - **Happy Holidays** to you all and your loved ones. I wish you all a Merry Christmas and a Happy New Year!

DEPENDENT CHILD

Dependent child: A person who:

1. Is identified by an Active Employee or Pensioner on the form provided by the Trustees for the enrollment of dependents (which has been filed with the Trustees); and
2. Falls within one of the following categories:
 - (a) A natural child of an Active Employee or Pensioner;
 - (b) A legally adopted child of an Active Employee or Pensioner;
 - (c) A stepchild or foster child of an Active Employee or Pensioner; or
 - (d) A child who maintains a parent/child relationship with an Active Employee or Pensioner if such child's natural parent is not in fact supporting that child.

In addition to the above requirements, eligibility also requires the dependent child:

3. (a) Has not attained 26 years of age; or
- (b) Is, and continues to be upon attaining age 26, mentally or physically incapacitated so as to be incapable of self-sustaining employment.

Certain children for whom medical coverage is required under a Qualified Medical Child Support Order may not satisfy the definition of a Dependent Child in its entirety but are required to satisfy the age requirement.

The Trustees will require a birth certificate or other documents to establish Dependent Child status. Please call the Benefit Plans in San Francisco at (415) 673-8500 for additional information.

(Over)

WHEN YOU REACH AGE 65

Coastwise Indemnity Plan hospital, medical and surgical benefits are integrated with Medicare coverage. Pensioners and/or survivors and their dependent(s) must, if eligible, enroll in Part B of Medicare to maintain their eligibility for Coastwise Indemnity Plan hospital, medical and surgical benefits. Pensioners and/or survivors who permanently reside outside the United States and do not intend to return to obtain medical care in the United States are not required to enroll in Medicare (since Medicare benefits are not available out of the country) and are therefore not reimbursed for Medicare Part B premiums.

Under federal law, Active Employees and their dependents who are eligible for Medicare continue to have primary coverage under the Welfare Plan. Therefore, Active Employees are not required to enroll in Medicare Part B even when eligible to do so. Upon retirement, such employees will be required to enroll in Medicare Part B and will be advised by the Benefit Plans Office regarding enrollment procedures.

Exception to Medicare Enrollment

Persons requiring kidney dialysis become eligible for Medicare after the third full month of dialysis treatment for end-stage renal disease, or the first of the month upon receiving a kidney transplant. Kidney dialysis patients and/or kidney transplant patients must maintain enrollment in Medicare Part B to retain eligibility for Coastwise Indemnity Plan Supplemental Benefits.

Kidney dialysis patients and kidney transplant patients should notify the BPO of their enrollment status.

Medicare Part D

The prescription drug benefits provided under the Welfare Plan constitute creditable coverage for Medicare Part D. **Therefore, as long as you are covered under the Welfare Plan, there is no need to enroll in Medicare Part D.**

HEALTH TIP

Times can get challenging, especially during the holiday season. **"It's okay to *not* be okay".** Asking for help is a sign of strength, not weakness. Resources are available through:

- LYRA (833) 597-2295 or visit <https://benefitplans.lyrahealth.com>
- Kaiser Permanente (800) 579-4848 & (800) 900-3277
- 988 Suicide & Crisis Hotline

401(k) Fidelity

- IRS announced higher 401(k) contribution limits for 2026
- Beginning in 2026, employees can defer \$24,500 into workplace plans, up from \$23,500 in 2025.
- Only 14% of participants maxed out 401(k) plans in 2024, according to Vanguard's 2025 *How America Saves* report

ANNOUNCEMENT

For your convenience, a representative from the *ILWU Credit Union* will be available in the lobby of Local 13 office, **Tuesday, January 6, 2026, from 9:00 a.m. to 11:30 a.m.**

ADA JPLRC

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

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

In Solidarity,

Eddie Moncado #131390

"The world needs less machinery and more humanity"

Local 13 Health & Benefits Officer



Alc. #	Start Time	Order Type	Ship Name	Company	Berth	Tags
1	5:00PM 1KDP	MRO	EVER FORWARD	APM	TI 400	LA
Early Dispatch						
2	6:00PM 8S 24UTR 4UTRS	MRO	CSCL EAST CHINA SEA	SSA	LB 266	LA
3	5:00PM 1KDP	MRO	GERDA MAERSK	APM	TI 400	LA
Early Dispatch						
4	6:00PM 2S	MRO	YM UTILITY	PA	100	LA
5	6:00PM 5S 27UTR	MRO	WAN HAI A05	YTI	TI 214	LA
6	6:00PM 3UTR	MRO	HMM PERIDOT	ITS	LB 236	LA
7	6:00PM 1UTR	MRO	MSC BIANCA SILVIA	TTI	LB 140	LA
8	6:00PM 1HL	MRO	BBC ODESA	SSA	LB 205	GE
9	6:00PM 5S 1DS 14UTR 2UTRS 2ST/5:30	MRO	CSCL AUTUMN	SSA	LB 245	LA
10	6:00PM 1UTR	MRO	CMA CGM ARCTIC	FMS	TI 302	LA
11	6:00PM 4S 1DS 19UTR	MRO	NYK VENUS	YTI	TI 218	LA
12	5:00PM 1KDP	MRO	GJERTRUD MAERSK	APM	TI 400	LA
Early Dispatch						
13	6:00PM 1UTRS	MRO	EVER LEADER	ETS	TI 230	LA
14	6:00PM 1UTR	MRO	CMA CGM NILE	FMS	TI 303	LA

Alc.	Time	Type	Ship Name	Company	Berth	Tags
15	5:00PM 2SL	MO	ONE HENRY HUDSON	YTI	TI 212	LA
<i>Flex and Early</i>						
16	6:00PM 8S 3DS 2CMBC/5:30 3HL 8UTR 2ST/5:30	MO	ONE HENRY HUDSON	YTI	TI 212	LA 1S4112
17	6:00PM ICDAB/5:30 1PLMD	MO	LADY ANNE	MET	LB 212	SH-All Comd
18	5:00PM 4SL	MO	HMM TOPAZ	TTI	LB 140	LA
<i>Flex and Early</i>						
19	6:00PM 4SL	MO	HMM TOPAZ	TTI	LB 140	LA
20	6:00PM 4S 1DS 6UTR 1UTRS 2ST/5:30	MO	HMM MIR	ITS	LB 232	LA
21	5:00PM 2S	MO	EVER FORWARD	APM	TI 400	LA
<i>Flex and Early</i>						
22	6:00PM 4S 20SL	MO	EVER FORWARD	APM	TI 400	LA
23	5:00PM 8SL	MO	CSCS EAST CHINA SEA	SSA	LB 266	LA
<i>Flex and Early</i>						
24	6:00PM 2UTR	MO	CSCS EAST CHINA SEA	SSA	LB 266	LA
25	5:00PM 2S	MO	GERDA MAERSK	APM	TI 400	LA
<i>Flex and Early</i>						
26	6:00PM 3S	MO	GERDA MAERSK	APM	TI 400	LA
27	6:00PM 2SL	MO	YM UTILITY	PA	100	LA
28	6:00PM 4S 1DS 8UTR 2ST/5:30	MO	WAN HAI A05	YTI	TI 214	LA
29	5:00PM 8S 3KDP 2UTRS	MO	OSAKA EXPRESS	APM	TI 400	LA
<i>Flex and Early</i>						

Alc.	Time	Type	Ship Name	Company	Berth	No. 1761 Tags	P. 5/13
30	6:00PM 2S	MO	OSAKA EXPRESS	APM	TI 400	LA	
31	5:00PM 1UTRS	MO	HMM PERIDOT	ITS	LB 236	LA	
32	6:00PM 2UTR	MO	HMM PERIDOT	ITS	LB 236	LA	<i>Flex and Early</i>
33	5:00PM 1DS	MO	MSC BIANCA SILVIA	TTI	LB 140	LA	
34	6:00PM 4S 1DS 9UTR	MO	MSC BIANCA SILVIA	TTI	LB 140	LA	<i>Flex and Early</i>
35	6:00PM 1CPWT	MO	BBC ODESA	SSA	LB 205	GE	
36	6:00PM 4S 1DS 8UTR 1UTRS 3ST/5:30	MO	CSCL AUTUMN	SSA	LB 245	LA	
37	5:00PM 1UTR	MO	CMA CGM ARCTIC	FMS	TI 302	LA	
38	6:00PM 1ST/5:30	MO	CMA CGM ARCTIC	FMS	TI 302	LA	<i>Flex and Early</i>
39	5:00PM 2S	MO	GJERTRUD MAERSK	APM	TI 400	LA	
40	6:00PM 1S	MO	GJERTRUD MAERSK	APM	TI 400	LA	<i>Flex and Early</i>
41	5:00PM 1UTR	MO	CMA CGM NILE	FMS	TI 303	LA	
42	6:00PM 1ST/5:30	MO	CMA CGM NILE	FMS	TI 303	LA	<i>Flex and Early</i>
43	6:00PM 4S 1DS 7UTR 1UTRS 2ST/5:30	MO	MANUKAI	SSA	LB 60	LA	
44	5:00PM 12SL 1DS 1HL 1UTRS	MO	GEORGE II	SSA	LB 92	LA	<i>Flex and Early</i>

45	6:00PM	MO	GEORGE II	SSA	LB 92	LA
12S 1DS 16UTR 1UTRS 6ST/5:30						
46	5:00PM	MO	SAGA FLORA	P.S.T.	176	GE
2S						
IS4112						
Flex and Early						
47	6:00PM	MO	SAGA FLORA	P.S.T.	176	GE
3D 5HL						
48	6:00PM	MO	MAHO CORAL	SSA	LB 204	GE
2S 2D 4HL 1UTR						
IS4112						
49	6:00PM	MO	MSC BIANCA SILVIA	TTI	LB 140	LA
4S 1DS 9UTR						
50	6:00PM	MO	CMA CGM ARCTIC	FMS	TI 302	LA
4S 1DS 9UTR						
51	5:00PM	MO	COSCO SHIPPING DENALI	LBCT	LB 24	LA
2KDP						
Flex and Early						
52	6:00PM	MO	COSCO SHIPPING DENALI	LBCT	LB 24	LA
8S 1KDP						
53	6:00PM	MO	EVER LEADER	ETS	TI 230	LA
4S 1DS 7UTR 1UTRS						
54	6:00PM	MO	CMA CGM NILE	FMS	TI 303	LA
4S 1DS 9UTR						

AVERAGE REPORT
For Night Shift

	12/29/20	12/30/20	12/31/20	1/1/2026	1/2/2026	1/3/2026	1/4/2026
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Container	0	0	0	0	0	0	0
Lashing	0	0	0	0	0	0	0
Primary	193	201	209	212	213	8	10
Secondary	201	209	217	223	231	8	11
Hold	157	165	168	169	177	0	0
Dock	133	133	141	149	157	0	0
Jitney	150	150	158	161	161	0	0
Winch	137	145	153	161	166	0	8
Carpenter	135	143	148	151	153	8	9
A-Crane	137	137	145	153	154	0	0
Casual	105	113	121	121	121	0	0
Swamper	104	104	104	107	107	0	0
B-Crane	167	175	183	184	187	8	11
A-UTR	159	167	175	175	175	6	14
B_UTR	182	190	198	198	198	8	16
Mechanics	163	171	171	176	177	8	8
Night ID	156	164	172	172	172	8	14
Steady	0	0	0	0	0	0	0
Ship Gang	0	0	0	0	0	0	0
Dock Gang	0	0	0	0	0	0	0

Alc. #	Start Time	Order Type	Ship Name	Company	Berth	Tags
1	8:00AM <i>1UTR</i>	MRO	ONE HENRY HUDSON	YTI	TI 212	LA
2	8:00AM <i>IS ICLW</i>	MRO	CHETCO	CCMW	LB 122	LA LU
3	8:00AM <i>2UTR</i>	MRO	CSCL EAST CHINA SEA	SSA	LB 266	LA
4	7:00AM <i>5S 2KDP</i>	MRO	GERDA MAERSK	APM	TI 400	LA
5	8:00AM <i>1UTR</i>	MRO	WAN HAI A05	YTI	TI 214	LA
6	7:00AM <i>4S 1KDP</i>	MRO	OSAKA EXPRESS	APM	TI 400	LA
7	8:00AM <i>10UTR</i>	MRO	HMM PERIDOT	ITS	LB 236	LA
8	8:00AM <i>1UTR</i>	MRO	MSC BIANCA SILVIA	TTI	LB 140	LA
9	8:00AM <i>IS</i>	MRO	BBC ODESA	SSA	LB 205	GE
10	8:00AM <i>2UTR</i>	MRO	CSCL AUTUMN	SSA	LB 245	LA
11	8:00AM <i>1UTR</i>	MRO	CMA CGM ARCTIC	FMS	TI 302	LA
12	8:00AM <i>1UTR</i>	MRO	NYK VENUS	YTI	TI 218	LA
13	7:00AM <i>5S</i>	MRO	GJERTRUD MAERSK	APM	TI 400	LA
14	8:00AM <i>IS</i>	MRO	COSCO SHIPPING DENALI	LBCT	LB 24	LA

Alc. #	Time	Type	Ship Name	Company	Berth	Tags
15	8:00AM	MRO	EVER LEADER	ETS	TI 230	LA
	10S 2DS 32UTR 5UTRS					
16	8:00AM	MRO	CMA CGM NILE	FMS	TI 303	LA
	1UTR					
17	8:00AM	MRO	SAGA FLORA	P.S.T.	176	GE
	1D 1HL					
18	7:00AM	MO	SEABOURN SOJOURN	MET	LB H4	FR PA
	2KH 22S 1D 18P/7:00 4HL 12CL					
	<i>Flex and Early</i>					
19	7:00AM	MO	ONE HENRY HUDSON	YTI	TI 212	LA
	2SL					
	<i>Flex and Early</i>					
20	8:00AM	MO	LADY ANNE	MET	LB 212	SH-All Comd
	1CDAB/7:30 1PLMD					
21	7:00AM	MO	HMM TOPAZ	TTI	LB 140	LA
	4SL					
	<i>Flex and Early</i>					
22	8:00AM	MO	HMM TOPAZ	TTI	LB 140	LA
	4SL					
23	8:00AM	MO	SUNNY HOPE	MET	LB 214	SH-All Comd
	1CDAB/7:30 1PLMD					
24	8:00AM	MO	CSCCL EAST CHINA SEA	SSA	LB 266	LA
	20SL					
25	7:00AM	MO	GERDA MAERSK	APM	TI 400	LA
	10SL					
	<i>Flex and Early</i>					
26	8:00AM	MO	GERDA MAERSK	APM	TI 400	LA
	2S					
27	8:00AM	MO	YM UTILITY	PA	100	LA
	2SL					
28	8:00AM	MO	WAN HAI A05	YTI	TI 214	LA
	4S 1DS 8UTR 2ST/7:30					
29	7:00AM	MO	OSAKA EXPRESS	APM	TI 400	LA
	1S					
	<i>Flex and Early</i>					

Jan. 5. 2026 11:41AM							No. 1761	P. 10/13
Alc. #	Time	Type	Ship Name	Company	Berth	Days		
30	8:00AM <i>1S 8SL</i>	MO	OSAKA EXPRESS	APM	TI 400	LA		
31	7:00AM <i>1UTRS</i>	MO	HMM PERIDOT	ITS	LB 236	LA		
							<i>Flex and Early</i>	
32	8:00AM <i>8S 2DS 16UTR 4ST/7:30</i>	MO	HMM PERIDOT	ITS	LB 236	LA		
33	7:00AM <i>1DS</i>	MO	MSC BIANCA SILVIA	TTI	LB 140	LA		
							<i>Flex and Early</i>	
34	8:00AM <i>4SL</i>	MO	MSC BIANCA SILVIA	TTI	LB 140	LA		
35	8:00AM <i>1S</i>	MO	BBC ODESA	SSA	LB 205	GE		
36	8:00AM <i>2UTR</i>	MO	CSCL AUTUMN	SSA	LB 245	LA		
37	7:00AM <i>1UTR</i>	MO	CMA CGM ARCTIC	FMS	TI 302	LA		
							<i>Flex and Early</i>	
38	8:00AM <i>1ST/7:30</i>	MO	CMA CGM ARCTIC	FMS	TI 302	LA		
39	7:00AM <i>1S</i>	MO	GJERTRUD MAERSK	APM	TI 400	LA		
							<i>Flex and Early</i>	
40	8:00AM <i>1S</i>	MO	GJERTRUD MAERSK	APM	TI 400	LA		
41	7:00AM <i>1KDP</i>	MO	COSCO SHIPPING DENALI	LBCT	LB 24	LA		
							<i>Flex and Early</i>	
42	7:00AM <i>1UTR</i>	MO	CMA CGM NILE	FMS	TI 303	LA		
							<i>Flex and Early</i>	
43	8:00AM <i>1ST/7:30</i>	MO	CMA CGM NILE	FMS	TI303	LA		
44	8:00AM <i>6S 2DS 1HL 13UTR 2UTRS</i>	MO	MANUKAI	SSA	LB 60	LA		

Jan. 5, 2026 11:41AM							No. 1761	P. 11/13
Alc.	Time	Type	Ship Name	Company	Berth	Tags		
45	8:00AM	MO	GEORGE II	SSA	LB 92	LA		
8S 2DS 1HL 14UTR 2UTRS 5ST/7:30								
46	8:00AM	MO	SAGA FLORA	P.S.T.	176	GE		
2S 2D 5HL 1S4112								
47	7:00AM	MO	MAHO CORAL	SSA	LB 204	GE		
1HL Flex and Early								
48	8:00AM	MO	MAHO CORAL	SSA	LB 204	GE		
2S 2D 4HL								
49	7:00AM	MO	YUNNAN	SSA	LB 206	GE		
1HL Flex and Early								
50	8:00AM	MO	YUNNAN	SSA	LB 206	GE		
4S 4D 8HL 2S4112								
51	7:00AM	MO	CMA CGM SWORDFISH	FMS	TI 304	LA		
2S 12SL 1DS 1UTR Flex and Early								
52	8:00AM	MO	CMA CGM SWORDFISH	FMS	TI 304	LA		
16S 4DS 36UTR								
53	8:00AM	MO	KEN SHIN	PTSC	LB 32	SH-Cement		
2S 1DWD 1CDAB/7:30								
54	7:00AM	MO	SM LONG BEACH	SSA	LB 96	LA		
4S 24SL 2DS 1HL 2UTRS Flex and Early								
55	8:00AM	MO	SM LONG BEACH	SSA	LB 96	LA		
18S 2DS 28UTR 2UTRS 12ST/7:30								
56	8:00AM	MO	HMM PERIDOT	ITS	LB 236	LA		
4S 1DS 8UTR								
57	8:00AM	MO	MSC BIANCA SILVIA	TTI	LB 140	LA		
4S 1DS 9UTR								
58	8:00AM	MO	CMA CGM ARCTIC	FMS	TI 302	LA		
4S 1DS 9UTR								
59	8:00AM	MO	EVER LEADER	ETS	TI 230	LA		
4S 1DS 7UTR 1UTRS								

Jan. 5, 2026 11:42AMNo. 1761 P. 12/13

Alc. #	Time	Type	Ship Name	Company	Berth	Tags
60	8:00AM	MO	CMA CGM NILE	FMS	TI 303	LA
4S 1DS 9UTR						
61	8:00AM	MO	CMA CGM SWORDFISH	FMS	TI 304	LA
4S 1DS 9UTR						
62	8:00AM	MO	SM LONG BEACH	SSA	LB 96	LA
5S 1DS 7UTR 1UTRS 3ST/7:30						

AVERAGE REPORT
For Day Shift

	12/30/20	12/31/20	1/1/2026	1/2/2026	1/3/2026	1/4/2026	1/5/2026
	Tue	Wed	Thu	Fri	Sat	Sun	Mon
Container	0	0	0	0	0	0	0
Lashing	0	0	0	0	0	0	0
Primary	210	213	221	229	8	11	17
Secondary	184	184	192	196	6	11	18
Hold	182	190	192	194	8	16	18
Key Hold	127	135	135	143	8	8	16
Winch	179	187	194	197	8	16	24
Jitney	153	161	169	169	0	8	16
Dock	155	163	171	179	0	8	16
Lumber	140	148	148	148	8	16	16
Carpenter	151	159	159	159	0	0	8
A-Crane	154	162	167	167	0	8	11
Swamper	143	151	151	155	0	8	9
Casual	112	120	120	120	0	8	9
B-Crane	172	179	179	182	8	11	11
A-UTR	177	185	193	195	0	8	16
B_UTR	190	198	202	203	8	14	22
Mechanics	190	198	202	202	8	10	18
ID	166	172	174	174	8	15	20
Steady	0	0	0	0	0	0	0
Ship Gang	0	0	0	0	0	0	0
Dock Gang	0	0	0	0	0	0	0