

CARPENTERS DISTRICT COUNCIL OF KANSAS CITY & VICINITY HEALTH PLAN

3100 Broadway, Suite 805 • Kansas City, Missouri 64111
1-816-756-3313 or toll-free at 1-866-756-3313

Important Information About Your Medical PPO Network Option Effective July 1, 2009

June 2009

Dear Participant:

The Trustees of the Carpenters' District Council of Kansas City & Vicinity Health Plan are pleased to announce that effective July 1, 2009, the Fund is switching from its current PPO network providers to CIGNA HealthCare in order to offer you and your family improved national PPO network access and additional program services.

The switch to CIGNA **will not** affect the core features and benefits available today through our existing plan options. Actually, you will have enhanced services through the CIGNA HealthCare PPO program. Refer to the attachment for information on the additional services provided by CIGNA.

Please note that the Plan's current PPO providers (Preferred Health Professionals, HealthLink, Health Partners of Kansas, Cofinity (formerly Sloans Lake), or Midlands Choice, depending on where you live) will still apply their network discounts to eligible claims you incur before July 1, 2009. You should file your claim for reimbursement of any visits prior to July 1 by September 30, 2009.

CIGNA's National PPO Network

The CIGNA PPO network provides seamless coverage throughout the jurisdiction of the Fund and across the entire country, which means you'll have excellent access to in-network providers and therefore, in-network benefits.

The network is comprised of many of the same doctors and facilities that participate in the PPO networks currently offered by the Plan. Therefore, the doctor you see now is probably a CIGNA PPO provider. You'll also have the same freedom of provider choice as you do with the current PPO programs, which means you will not need a referral to see a specialist and you will not need to select a primary care physician.

Feel free to visit CIGNA's Web site at www.cignasharedadministration.com to view an updated provider directory, and to contact CIGNA at **1-800-244-6224** to find out if a specific provider is in their network.

If by some chance your provider is not in the CIGNA PPO network, you can nominate them for participation. Please contact the Fund office at **1-816-756-3313** for further details. In the interim, to assist you as you transition to a CIGNA PPO provider, the Fund will pay all eligible claims you incur from July 1, 2009 through December 31, 2009 at the in-network level of benefit.

Your New ID Card

You should expect to receive a new ID card in the mail during the week of July 6th. **This card is effective July 1, 2009** and you will need to show the card when you receive any medical services.

In Closing

If you have questions about the CIGNA HealthCare PPO program or any of your benefits, feel free to contact the Fund Office at **1-816-756-3313** or toll-free at **1-866-756-3313**.

We recommend that you keep this letter with your important papers, such as your Summary Plan Description (SPD), so that you can refer to it when needed.

Sincerely,
The Board of Trustees

This announcement provides only highlights of recent changes to the Carpenters District Council of Kansas City & Vicinity Health Plan. Full details are contained in the documents that establish the Plan provisions. If there is a discrepancy between the wording here and the documents that establish the Plan, the document language will govern. The Trustees reserve the right to amend, modify, or terminate the Plan at any time.

CIGNA MEDICAL MANAGEMENT SERVICES

Effective July 1, 2009

Attachment

The following programs are available to all Participants on a voluntary basis:

- **Case Management.** The CIGNA PPO program offers Case Management, which is a patient-focused voluntary program intended to provide additional member support, assistance, and care coordination to chronically or critically ill patients (i.e. cancer, serious spinal cord injury, diabetes, heart disease, etc.). If you are interested in participating in Case Management, you can call the Fund Office to learn more about the program and to obtain approval.
- **24-Hour NurseLine.** CIGNA offers after-hours support via a toll-free NurseLine that allows you to connect to a registered nurse 24-hours a day, 365-days a year. The voluntary toll-free line is perfect for new mothers with lots of questions, for parents looking for home care suggestions so they can avoid a trip to the emergency room, and for participants with questions on illnesses or health-related news topics, such as how to treat the flu or a fever, and so on. The telephone number for NurseLine is **1-800-768-4695**.
- **Maternity Education.** CIGNA provides access to a voluntary maternity education program that works to achieve a healthy outcome for both mother and baby. As part of this program, participants receive valuable prenatal guidance and are given access to a toll-free answer line that is available 24-hours a day, 365-days a year. A high-risk maternity screening is also conducted through this program and when necessary, maternity and prenatal care is subsequently coordinated and supported through a CIGNA case management nurse to increase the likelihood of a healthy delivery for mother and baby. You can call **1-800-768-4695** to access these services.
- **myCareAllies.com.** There are several services available to you through **myCareAllies.com**, a component of CIGNA's care management program. These services will enable you to:
 - » Visit an electronic Health Library and learn about a specific disease, or a medical condition you may have. You can also find information regarding how to treat your condition, the questions you should ask your doctor about your condition, and more.
 - » Take a health risk assessment to help you determine medical conditions you may have a risk of getting over time due to your personal habits and family history, and what to do to reduce the chances of getting these conditions.
 - » Access CIGNA's Healthy Rewards Program. The program will provide access to discounts on treatments and items that are not covered under the Plan. For example, you will have access to discounts as high as 25% to 50% for cosmetic items, massage therapy, and fitness memberships.
 - » Review medications and their potential interactions and alternatives.
 - » Review preventative care tips.
 - » Gain access to tools to quit smoking, lose weight and live a healthier life.

In addition, you may visit the **myCareAllies.com** Web site. The Fund's specific password is **kccarpenters**.

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