



I L W U LOCAL 13 · 320 GOLDEN SHORE DRIVE · SUITE 300 · LONG BEACH, CA 90802 · (310) 830-1130



## HB Bulletin #02-07

October 26, 2007

# HEALTH BENEFITS BULLETIN

## BENEFICIARY FORM UPDATE

When an eligible individual passes on and does not have a current beneficiary form on file, it causes a great deal of hardship on survivors. Please save your family from this unnecessary hardship by updating your beneficiary form(s).

### ADDRESS, PHONE NUMBER & E-MAIL

Do you have a new address? Did you change your phone number? Or have an emergency contact? Do you have an e-mail address? If yes, please come in the Health Benefits office and PMA to update all your information.

### CURRENTLY ON THE "CASUALTY BOARD" OR "RED NUMBER"

*Reminder:* You are responsible for your placement on the board. There are no extensions without your doctor's authorization. There is no grace period. You will not be placed on the board or permitted an extension at dispatch. If your time is due to expire, **YOU WILL NOT BE NOTIFIED BY THE LOCAL OR PMA.** *For all check-in privileges, your doctor's note must be received in the Health Benefits office by 3:30 p.m. daily. No exceptions! Don't forget to give yourself plenty of time DO NOT WAIT UNTIL THE LAST MINUTE!*

### WORKERS' COMPENSATION

*Section 5.g. of the Constitution of Local 13 states:*

*"The Health Benefits Office or department shall not handle any compensation cases or associate their time in conjunction with attorneys, etc., involving compensation cases."*

As directed by the Constitution, the Health Benefits Office can only advise you of your basic rights to file a compensation claim and provide you with the necessary forms. We do not recommend or refer members to doctors or attorneys.

**REMINDER: DON'T FORGET TO BRING YOUR PARKING TICKET TO THE OFFICE TO BE VALIDATED**

**THE HEALTH BENEFITS OFFICE IS OPEN MONDAY THROUGH FRIDAY FROM 8:30 a.m. – 4:30 p.m. PLEASE STOP BY AND MEET YOUR NEW HEALTH BENEFITS OFFICER; JERRY AVILA & STAFF.**

Fraternally,  
Jerry Avila *JA*  
Health Benefits Representative