

THE JOURNAL

313's Quarterly Health & Wellness Communication



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Here are some actions you can take right now if you or someone you know needs support.

- For Emergencies: Call 911 or 800-273-(TALK) 8255
- For More Resources: Visit the NAMI's website at [nami.org](https://www.nami.org) or call them at 800-950-6264
- Benefits Available: Contact your Lacher Member Advocate, Laura Mullins, at her direct phone number, 215-660-0334, or by email at lauram@lacherinsurance.com

Keeping a Sound Mind

FACT: CONSTRUCTION WORKERS ARE STRUGGLING
Let's talk numbers. 1 out of 5 construction workers struggles with mental health issues; and the **rate of suicide** among construction workers is **higher than any other industry**, according to the Centers for Disease Control & Prevention.

We all know that mental health is hard to talk about, but we shouldn't struggle alone. If you or someone you know is struggling, there is help.

If you need to speak with someone now, please call the National Alliance of Mental Illness hotline at 800-950-6264, or text "NAMI" to 741741 for confidential, free counseling.



Telemedicine with Teladoc

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When to use Teladoc:

- When you need care now
- If you're considering the ER or urgent care center for a non-emergency issue
- On vacation, on a business trip, or away from home
- For short-term prescription refills

When not to use Teladoc:

You should NOT use Teladoc if you are experiencing a medical emergency. In the event of a medical emergency, please call 911.

How to set up your Teladoc account

- Visit <https://member.teladoc.com/aetna> and set up your account.
- You will need your Aetna member ID, which can be found on your ID card.
- After you've signed up, head over to the Apple app store or Google play store to download the app:
 - **For iPhone:**
<https://apps.apple.com/app/apple-store/id656872607>
 - **For Android:**
<https://play.google.com/store/apps/details?id=com.teladoc.members>

For more information about Teladoc, visit www.teladoc.com or call them at 1-800-TELADOC (835-2362).





Qualified Medical Child Support Order / Domestic Relations Order

A court or authorized agency may require your child(ren) be added to your health insurance benefits by issuing a medical support order. There are two types of medical support orders: a Qualified Medical Child Support Order (QMCSO) and a National Medical Support Notice (NMSN).

When IBEW 313 receives a medical support order, we will first determine whether it is qualified based on the health plan's eligibility requirements and the affordability rules set forth by the order. If determined to be a qualified order, your child(ren) listed will be enrolled in all health insurance benefits listed on the order if they are available.

Your child(ren) cannot be removed unless IBEW 313 receives a document from the court or agency stating that you are no longer required to have the child(ren) enrolled. You will need to confirm that you would like the children removed effective the date the order is no longer in effect. Your child(ren) will not automatically be removed unless you reach out to IBEW 313.

Please reach out to the issuing court or agency to discuss any details pertaining to the medical support order or to inquire about a release of obligation to have the child(ren) enrolled.

Our dedicated advocate, Laura, can help you with any questions you may have.

DEDICATED ADVOCATE

We have a dedicated Member Advocate who is ready to help you deal with any situation in a discreet, confidential manner.

Our Member Advocate is:

Laura Mullins

Direct line: 215-660-0334

lauram@lacherinsurance.com

Fax: 215-723-8604

