

PIPEWRENCH

Your Communication Pipeline

SUMMER EDITION

A Message from the Board of Trustees

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Dear Brothers, Sisters and Kin,

We wish to extend our heartfelt appreciation to our members and their families.

It has been a challenging year and we are incredibly proud of the determination and hard work our members have portrayed. The resilience and adaptation that all our members have shown during the pandemic is remarkable and we are all looking forward to a healthier and work abundant year.

To the membership, we thank you for your partnership, patience, and support of our administration office. Working and learning together for the success of the Trust Funds is a collective effort.

“May you and your families have a safe and enjoyable summer!”

As Trustees we take our oath to administer the Welfare, Pension and SUB Funds and address concerns of the membership very seriously. At the same time, we as Trustees support the work and efforts of all members and the relationship with RASI in problem solving and meeting the challenges associated with providing world class Benefit and Pension plans.

So thank you again and may you and your families have a safe and enjoyable summer!

Sincerely,

Steve Foffano, Chairman	Frank Benincasa	Les Ellerker	Dave Marcus
Ross French, Secretary	Nathan Bergstrand	Ken Luxon	Bill Stanger





The Government of Canada's Country travel advice and advisories site categorizes risk four ways:

- ✓ Take normal security precautions
- ! Exercise a high degree of caution
- Avoid non-essential travel
- ✗ Avoid all travel

Travel Tips—Before your Trip

Check travel advisories — at least twice

The Government of Canada's travel advice and advisories site categorizes risk four ways. The site is searchable by country, type of advisory and date of advisory. It is updated daily and includes information about security, laws, and natural disasters.

Register before you travel abroad

It's important to register your travel with the government's free service, *Registration of Canadians Abroad*, before leaving on vacation or to live abroad. That way, if there is a natural disaster, civil unrest or an emergency at home, the closest Canadian consulate or embassy knows how to reach you.

Bring your COVID-19 proof of vaccination

The *Canadian COVID-19 proof of vaccination* shows your vaccination history. It is meant to simplify and facilitate border processing both in Canada and abroad. However, your **proof does not guarantee entry** to another country. Check the entry requirements for the country you are travelling to or passing through.

Use ArriveCAN to enter back into Canada

You must use *ArriveCAN* to provide mandatory travel information before and after your entry into Canada. The mobile app is free and secure and is the official Government of Canada platform. Download the latest version of ArriveCAN or select "update" in your app store. Available for iOS, Android and web.

Ensure passports are Current

As a final word of caution, make sure your passport is valid for up to **six months** from the time you will have entered a country.



Erectile dysfunction drugs are an eligible HCSA expense.

Here's how to submit a **Dear RASI** question regarding your Benefits:

Email RASI your benefit plan question with **Dear RASI** in the subject line or call RASI to provide your suggestion over the phone.

Dear RASI, Am I covered for Cialis?

Your standard plan does not cover erectile dysfunction drugs, whether brand name or generic such as Viagra (Sildenafil), Cialis (Tadalafil) or Levitra and Staxyn (Vardenafil). However, erectile dysfunction drugs are an eligible expense that you can submit to your Health Care Spending Account (HCSA). Your HCSA includes a \$750 annual credit per family.

We reviewed other plans that covered erectile dysfunction drugs, and all included a separate annual maximum. \$300 - \$500 a year was the average limit for erectile dysfunction drugs, and those plans did not offer an HCSA. Overall your HCSA will reimburse you more for Cialis if you opt to use your entire \$750 credit compared to a plan that includes erectile dysfunction drugs with a lesser annual maximum.

Under certain medical circumstances when you have a contributing condition, disease or medication, erectile drugs may be covered if Green Shield approves the *Special Authorization Request Form* completed by your doctor. Please contact Green Shield if you require more information specific to your situation.

UA Local 67 Travel Medical Insurance

Know your Plan!

Your Group Travel Medical plan is insured by Berkley Canada. The policy covers you and your eligible dependents for Medical Emergencies when you travel out of your province or country, subject to the terms of the policy.

Am I covered if I have a pre-existing condition?

If you have a pre-existing illness, it must meet the conditions outlined in the policy to be covered. If those conditions are not met, a medical emergency related to your pre-existing illness is not covered. However, a medical emergency unrelated to your preexisting illness, such as an injury is covered subject to the terms of the policy.

Am I covered if my trip is interrupted?

Your plan does not cover non-medical emergencies, such as trip cancellation, quarantine costs, or lost baggage. If you require additional insurance, it is your responsibility to seek out and purchase it at your own expense.

How do travel advisories effect my travel insurance?

Your insurance follows the official Government of Canada Travel advisories posted on www.travel.gc.ca/travelling/advisories.

Check the travel warning for a) Canada and b) the country(ies) you plan to visit.

If either Country has the risk level that indicates AVOID, your Travel Insurance will not cover you for an incident related to the warning. However, you would have coverage for all other reasons listed in your policy.

Who do I ask about my travel coverage?

Prior to your trip, direct your questions to Reliable Administrative Services Inc. (RASI). If you are on your trip, please contact Berkley Canada for all emergencies or questions.

What should I do in an emergency?

CALL THE MEDICAL ASSISTANCE COMPANY PRIOR TO RECEIVING TREATMENT. If you call the insurance company after seeking treatment, your coverage will be reduced unless it is an extreme life-threatening medical crisis. The Medical assistance company is there to help you no matter where you are in the world. If you receive treatment (after contacting the assistance company as required), remember to keep your receipts or supporting documents such as a police report or photos.

Included in this mailing is your Travel Brochure with a removable Medical Assistance card.



“One’s destination is never a place, but a new way of seeing things.”– Henry Miller

Remember to take your new enclosed Travel Brochure & Medical Assistance Card when you travel.

Additional copies are available at RASI.



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Utilizing the Big 4—In Summer



Learn to balance the big 4 to achieve Optimal Health.

The Big Four will continue in the Next Pipewrench

Continue to strive for optimal health in the sunny months with these tips:



Ontario offers fresh produce that you can snack on or cook on the grill to improve your **Nutrition**. Such as strawberries, peaches, plums, cherries, cucumbers, peppers, corn, and tomatoes ripened to perfection.



For your **Mental Health**, make a point to visit friends and family that you missed seeing over winter.



Boost your **Physical Health** with outdoor activities. Grab a ball for a friendly game or visit one of our parks or beaches. Take advantage of the extra daylight, such as an evening walk around your neighborhood.



After a long day in the sun, you will need your rest to recuperate. Try to put down your phone an hour before bed to get a good night's **Sleep**.



Golf increases your heart rate and blood flow, which results in a healthy heart, enhanced brain stimulation, and improved balance.



This edition of the Pipewrench features Physical Health from the Big Four.

Tips for Staying Physically Healthy On and off the Job

Consider how you use tools or machinery and try to eliminate movement from the waist. Vary your postures, alternate repetitive tasks, and practice safe lifting procedures—don't lift a weight you can't handle, ensure you bend your knees to put the weight on your legs rather than your back. Try these small exercises:

- **Head tilt.** Place your right hand on your left shoulder and slowly bring your ear towards your right shoulder without turning your head. Hold this for five seconds and then switch sides.
- **Neck rolls.** Slowly roll your head to the right, down to the center and over to the left. Repeat in the opposite direction.
- **Shoulder circles.** Sit up straight and slowly roll your shoulders forward ten times and back ten times.
- **Side stretch.** Reach your arms out to the side and then clasp your hands above your head. Lean your upper body to the right side. Hold for five seconds and then switch sides.
- **Back curl.** Hold your right shin and lift your leg off the floor. Bend forward and curl your back reaching your nose to your knee. Repeat on the other side. This exercise will also stretch your legs.

We know that these exercises may not always be doable when you are at work but try to make time for them at lunch or even at the beginning or end of the day.

