

APRIL 2026

Through the **WI**RE

LOCAL 26 IBEW-NECA JOINT TRUST FUNDS

YOUR
HEALTH CARE PLAN

protecting your family

Revive & Thrive Program Offers Improved BHS Mental Health Services



Just like the human body, EWTF programs are always in a state of motion—improving, evolving, and growing. BHS, our employee assistance program (EAP) provider, recently underwent a transformation to become an even better version of the EAP that adds so much value to our members' overall health resources. BHS, operating under the new umbrella of ReviveHealth, has

created a new approach called **Revive & Thrive** to connect our members to mental health services.

While all of the same mental health services our members have depended on are still available through BHS, the Revive & Thrive initiative brings a different model of delivery to these services, one that resembles more of a concierge experience.

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INTERNATIONAL WORKERS MEMORIAL DAY APRIL 28

April 28th is Workers Memorial Day, an annual remembrance of those killed or injured on the job. For Local 26 members and families, Workers Memorial Day is a reminder of the dangerous nature of the construction industry and the importance of good health. This year and every year, we honor those who lost their life on the job and remember those who are forced to live with a jobsite injury or illness.

EWTF considers itself a powerful tool in keeping our members safe and healthy on the job. The benefits offered by our health plan—from well visits and screenings to access to specialty physicians and our many partner providers, such as Virta, BHS, Hello Heart, Hinge Health, and others—work every day as partners in keeping our members healthy and safe. We believe that what you do *off* the jobsite to protect your good health goes a long way toward keeping you healthy *on* the job.



To access mental health providers, available 24 hours and day, seven days a week, call 800-327-2251 or go to <https://member.myrevive.health/selfsignup?code=IBEW>.

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Revive & Thrive aims to not only provide the services our members need but to improve engagement with these services; that is to get more of our EWTF participants to use the mental health resources they have available to them.

Among the many notable improvements to our members' BHS benefits under Revive & Thrive is that now EWTF members can participate in eight free counseling services **per concern**, per year. Prior to Revive & Thrive, the counseling services were based per person, rather than per concern, and were capped at a total of eight per year per person.

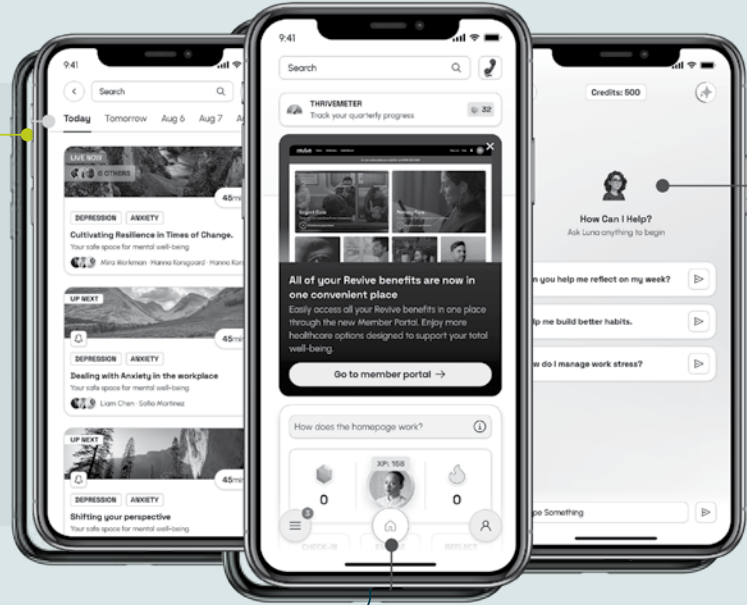
Revive & Thrive gives users access to a master's-level trained personal care coordinator who will "walk" them through the process to ensure they are connected to the right provider or providers. These dedicated liaisons serve as a personal concierge to determine a course of action, connect directly to the appropriate mental health professionals, and educate EWTF participants on the benefits and options available to them. Revive & Thrive makes it easier for users to get the help they need, particularly at a time when they may be feeling overwhelmed and vulnerable, and returns back to the importance of a human connection between provider and user when it comes to mental health care.

You can register in the Revive & Thrive program by calling 800-327-2251 or via <https://member.myrevive.health/selfsignup?code=IBEW>. Use code IBEW. You can also download the Revive & Thrive app for your smart-



BHS has evolved to **Revive & Thrive**

A smarter, more personalized wellbeing experience



BHS is powered by Revive, same people, same quality, **8 free counseling sessions** per problem, per year

- a home that adapts to you**
 Personalized recommendations and progress at a glance
- discover what lifts you**
 Meaningful featured content and live sessions
- smarter insights from Luna**
 Your AI guide that drives deeper understanding for real change

better begins today

you can still call to access services 800-327-2251 or download the app



register now

Code:

IBEW

designed for **real life**, built for **real impact**.



phone or tablet to explore all that the program can offer you. Just like the mental health services previously under BHS, Revive & Thrive is still free of charge to all EWTF participants and maintains complete confidentiality. Mental health providers are also still available 24 hours a day, seven days a week at **800-327-2251**.



SCAN this QR code to access all of the valuable links mentioned in this issue of *Through the Wire*.

It Shouldn't be Painful to Go to Work. Hinge Health Can Help!

Given the strenuous nature of construction work, it's no surprise that strains and sprains, also known as musculoskeletal disorders, affect the construction industry more than any other industry. In fact, the rate of musculoskeletal injuries in the construction industry is higher than *all other industries combined*. However, musculoskeletal injuries do not just occur on the job; they can easily happen off the job too.

Musculoskeletal injuries include sprains, strains, and tears; back injuries; tendonitis or joint pain; and repetitive strain injuries. These injuries are caused by heavy lifting and exertion, awkward and prolonged positioning, repetitive motion, tool

use, environmental factors on the job such as noise and weather exposure to name a few. While all of these actions go hand in glove with the construction industry—and even with chores around the house, playing sports, or pursuing pastimes—living with the pain doesn't have to, and minimizing injury is possible. This is why EWTF has joined forces with **Hinge Health** which can connect you with a virtual physical therapist at no additional cost as part of your participation in our health plan. Physical therapy has proven to be a valuable component to rehabilitation from an injury but it can also be used to improve general strength, balance and mobility to help you avoid an injury in the first place.

Hinge Health will connect you to a physical therapist, virtually, who will create a customized physical therapy plan that you can do from the comfort of your own home. You will have access to your personal physical therapist via text, email, phone call or video chat so you can report on your progress or make adjustments as needed. Participation in the program is free of charge for EWTF members and includes an evaluation and subsequent sessions and an exercise kit that includes the necessary equipment to complete at-home physical therapy.



Workplace injuries can be treated and even avoided by using Hinge Health. For more information, visit hingehealth.com.





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**YOUR INDIVIDUAL
ACCOUNT PLAN**

securing your assets

Reward Yourself

Credit cards are tempting for many reasons—their immediate line of credit and their rewards to name a few. You can be certain though that credit card companies aren't giving anything away for free, so the rewards are only yours because you gave the credit card company a lot of business. What's more, credit card companies would love nothing more than if you forgot about the rewards you earned and never actually cashed in on them.

As you might expect, however, there's an app for that and these apps can help you keep track of the rewards you earn through your credit card use and even help you decide which card to use for certain purchases to maximize your credit reward accrual. All of the following apps are available in the Apple App and Google Play stores.

- * **AwardWallet** (available for free or with upgraded options for \$49/year for AwardWallet Plus)
- * **MaxAwards** (\$108/year for the premium subscription)
- * **Uthrive** (free)
- * **CardPointers** (\$90/year for CardPointers+ premium subscription)
- * **Waly** (free)

Don't let your earned rewards go unused. If managed carefully, credit card rewards can be another valuable way to make your money work for you. They could even take you on a tropical vacation!



KIDS' CORNER

SPRINGTIME

Did you know that you can actually form hundreds of words using the letters in SPRINGTIME? That's right, hundreds!

Can you make:

- Two 6-letter words
- Three 5-letter words
- Four 4-letter words
- Five 3-letter words