

JULY 2026

Through the

LOCAL 26 IBEW-NECA JOINT TRUST FUNDS

WIRED

YOUR
HEALTH CARE PLAN

protecting your family

Out of Town Does Not Mean Out of Touch with Good Health Care

Planning a family vacation or road trip? While you may be going on vacation, unfortunately, health issues and accidents never take a vacation and even if you are on a cross-country road trip or lounging at the beach, health concerns can happen. Knowing your health benefit plan and what options are available to you can help you handle unexpected situations.

First, assess the situation. Are you facing a serious, potentially life-threatening situation? If so, call 911 immediately. If not, working with our telehealth provider, **Teladoc**, might save you from a doctor's or hospital visit that will take time away from your vacation. As a reminder, telehealth allows you to speak with a health provider

Nothing says summer like family vacations, no school, and heat, lots of heat. How can you stay safe this summer and enjoy all the wonders of the season? A little advanced planning can go a long way toward a summer of safety and fun!

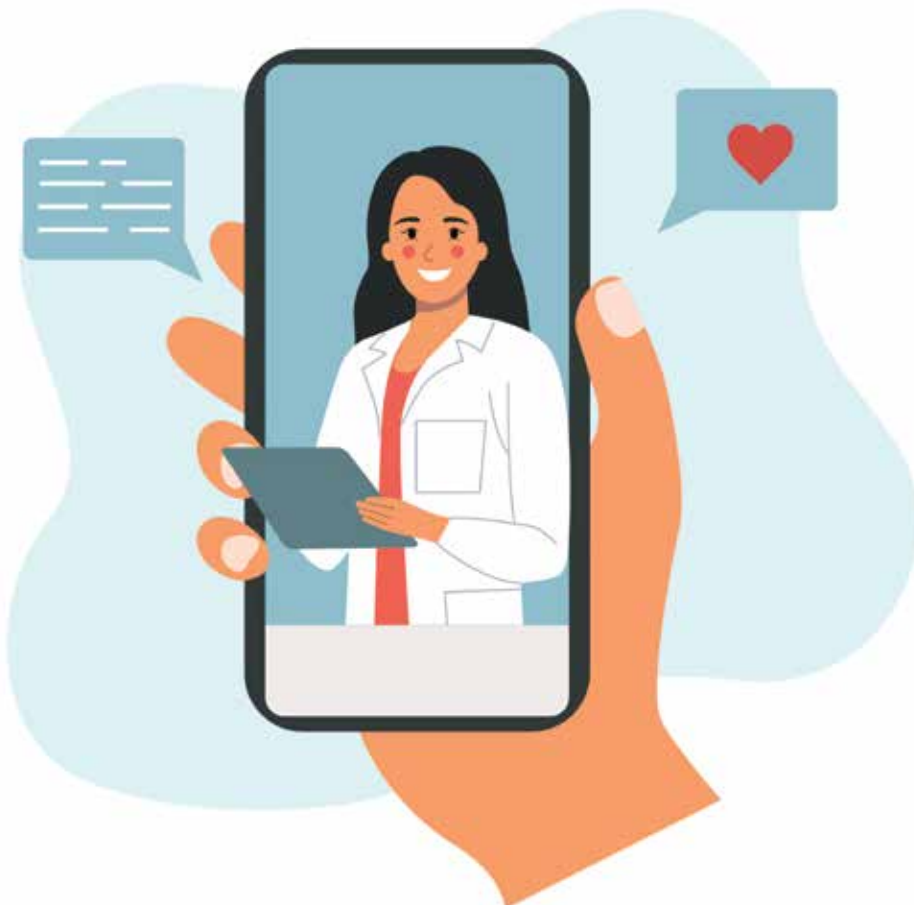
over a video call, via computer, cell phone or tablet, without needing a physical office visit. Teladoc services are fully covered by our EWTF.

Telehealth appointments are good for conditions and concerns such as:

- ☀ Infections such as sinus infections, urinary tract infections, and ear infections
- ☀ Respiratory issues such as flu, cold, bronchitis, and allergies
- ☀ Pain/stomach problems such as abdominal pain, stomach bugs, and sore throat
- ☀ Dermatology issues such as acne, psoriasis, rosacea, and rashes

Teladoc can also help you manage chronic conditions such as diabetes, hypertension and weight management while you are on vacation and even send prescriptions electronically to our in-network pharmacy

(continued →)




(continued from page 1)

provider CVS Caremark. Additionally, Teladoc provides mental health services, similar to those offered through Revive, formerly known as Business Health Services. Between Teladoc and Revive, our members and their dependents have excellent options to address mental health concerns both home and away.

However, Teladoc should not be used if experiencing the following or suspect any of the following:

- ☀ Chest pains
- ☀ Shortness of breath
- ☀ Signs of stroke
- ☀ Severe bleeding
- ☀ Head injury
- ☀ Fracture
- ☀ Need for narcotics

 **Teladoc services are available 24 hours a day, 7 days a week and staffed by licensed physicians. You can even schedule a consultation between 7 a.m. and 9 p.m. local time 7 days a week. To reach Teladoc, call 1-800-Teladoc or visit www.teladochealth.com.**

Still Prefer In-Person?



If you'd prefer to be seen in person by a health care provider but don't quite need an emergency room and aren't near your regular health care providers, our EWTF provides coverage for visits to urgent care centers. And while we hope you and your family do not need any medical services while on your hard-earned vacation, your EWTF has you covered.

The UnitedHealthcare (UHC) plan has in-network urgent care facilities available to all of our EWTF participants and dependents. After meeting the annual deductible, visits to UHC urgent care facilities require either a flat co-pay or a 20% co-insurance. The most cost-effective way to get urgent care treatment is to use a UHC in-network facility which can be identified through the UnitedHealthcare Provider Finder at www.uhc.com/find-a-doctor. It is also highly recommended to inquire about exact costs before receiving treatment. Remember, once services have been agreed upon and rendered, you are responsible for payment.

Learn more at <https://www.ewtf.org/health-benefits-spd/table-of-contents>.



KIDS' CORNER

SUMMER COLOR-BY-NUMBER MATH CHALLENGE

3 = brown
 4 = pink
 5 = green
 6 = yellow
 7 = purple
 8 = orange
 9 = blue
 10 = teal

Math problems in the illustration include: $3+3$, $4+6$, $2+3$, $1+4$, 5 , $4+1$, $0+5$, $2+8$, $10=0$, $0+5$, $3+2$, $6+2$, $3+7$, $6+4$, $5+5$, $4+1$, $5+0$, $2+1$, $10+0$, $5+2$, $7+3$, $9+1$, $1+2$, $5+4$, $6+3$, $1+8$, $7+2$, $0+9$, $0+3$, $5+1$, $2+6$, $7+1$, $3+1$, $3+5$, $0+8$, $4+4$, $5+3$, $8+0$.

Get Outside and Get Moving

Get out there and breathe in the fresh air...and burn some calories and build some muscle at the same time! Maybe even try a new activity...

- ✦ Swimming and water aerobics provide full body resistance and being in the water regulates body temperature and prevents you from overheating.
- ✦ Kayaking and stand-up paddleboarding are great ways to build core and upper-body muscles while allowing you take advantage of the cooling effects of being on the water.
- ✦ Trail running and hiking afford you the opportunity to burn calories in the shade under the canopy of trees.



- ✦ Water yoga can provide a peaceful stretching experience that builds balance and mobility without muscle strain.

Whatever exercise you decide to do this summer, make sure you do it safely by:

- ✦ **Staying well hydrated**—drinking 16-20 ounces of water two hours before working out and sipping

7-10 ounces every 10-20 minutes during activity.

- ✦ **Using sun protection**—broad-spectrum SPF 30+ sunscreen and light breathable fabrics
- ✦ **Reducing intensity**—switching to low-impact exercises when the heat index rises

Summer Dining Can Be Healthy Dining



 Virta has a library of low-carb, heart-healthy recipes, including cocktails, to keep you healthy while enjoying great food and drink. Visit www.virtahealth.com/recipes.

Looking for a fresh and healthy summer recipe to enjoy while dining alfresco in the warm sun?

Try Virta's Low-Carb Luscious Lime Shrimp Salad

Ingredients

- | | |
|---|--|
| 1½ tablespoon lime juice (freshly squeezed) | ¼ teaspoon garlic (minced) |
| 1 tablespoon fresh cilantro (chopped) | 1 pinch white pepper |
| 1 small scallions (white and green parts chopped) | 8 oz shrimp (rinsed, peeled, and deveined) |
| 1½ teaspoon soy sauce (mixed with 2-3 drops of liquid Stevia) | 1 tablespoon red bell pepper (chopped) |
| 1 tablespoon extra-virgin olive oil | Bibb lettuce leaves |

Instructions

1. In a large bowl, combine the lime juice, cilantro, scallion, soy sauce, oil, garlic, and white pepper. Whisk to mix.
2. Warm 1 tablespoon of the juice mixture in a large nonstick skillet over medium heat.
3. Add shrimp. Cook while tossing for 2-3 minutes or until shrimp becomes opaque.
4. Pour the skillet contents into the remaining juice mixture in the large bowl.
5. Stir in bell pepper.
6. Cover and refrigerate, tossing occasionally, for 30 minutes.
7. Place two serving dishes in the refrigerator if desired.
8. Line each chilled plate with lettuce leaves.
9. Spoon the shrimp and some of the marinade onto the lettuce. Enjoy!

**YOUR INDIVIDUAL
ACCOUNT PLAN**

securing your assets

Get Prepared for All of Life's Events

Over the next few weeks, Fidelity will be rolling out a new campaign that will promote better engagement among our member participants, particularly those who have not been very active with Fidelity in the past. Fidelity is hoping this campaign connects with those who have not yet registered or recently interacted with Fidelity and exposes them to the benefits available to our participants through NetBenefits. Among the benefits available to our members are:

- Fidelity Goal Booster
- Emergency Savings Information
- Student Debt Hub
- Budgeting Tips
- Education Workshop Sessions

One especially helpful resource is the Life Events resource which can help you plan financially for such events as changing jobs, marriage and divorce, planning for college, caring for aging loved ones, becoming a parent, buying or selling a house, preparing for retirement, illness or injury, losing a loved one, disability and special needs, and more. Each of these life events—some planned and others unexpected—carry unique financial challenges and planning, when possible, can help you navigate these events.



If you have not connected with Fidelity in a while or at all, keep your eyes open to communication from Fidelity bringing you back into the fold. Welcome the chance to get educated and prepared!



Learn more at <https://nb.fidelity.com>.

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

