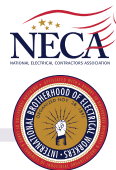


# Make 2010 the Year You **Take Charge** of Your Health.

Take advantage of *Wellness Power*, the wellness and disease management program of the NECA-IBEW Welfare Trust Fund. You have access to programs, online tools, and healthcare professionals to help you take control of your health—and earn HRA rewards at the same time.



Active participants and their spouses, as well as retirees under age 65 and their spouses, are eligible to receive rewards for participating in **Wellness Power** programs.



**Wellness** NECA-IBEW Welfare  
**POWER** Trust Fund Wellness and  
Disease Management Program

**New HRA Rewards for 2010.** Participate in a *Wellness Power* program and earn rewards for your Health Reimbursement Arrangement (HRA) account.

**Health Risk Assessment.** Complete an online assessment within the first three months of the calendar year (before April 1) or within your first three months of eligibility for Plan benefits, and receive a \$100 HRA account reward. If you completed your assessment within the last six months of 2009, you will be eligible for the \$100 HRA account reward six months from the date you completed your 2009 assessment.

**2010 HRA Reward Limits.** The total annual reward amount available for participating in the *Wellness Power* programs (Health Risk Assessment, Wellness Programs, Disease Management Programs) is \$300 per member or spouse and \$600 per family, excluding retirees over age 65, their spouses, and all covered dependent children.

**Questions?** Visit [www.neca-ibew.org](http://www.neca-ibew.org), <https://my.healthatoz.com/portal/bridge/NECAIBEW>, or call the Fund's dedicated *Wellness Power* Customer Service Line at 877-386-0888.



**Wellness** NECA-IBEW Welfare  
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2120 Hubbard Avenue  
Decatur, Illinois 62526-2871



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