



SPRING/SUMMER 2025

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May

IS NATIONAL PHYSICAL FITNESS MONTH!

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. It's never too late to start! National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.



Here are just a few benefits of physical activity:

Children and adolescents– Physical activity can improve muscular fitness, bone health, heart health, and decrease the chance of type 2 diabetes.

Adults– Physical activity can lower the risk of heart disease, type 2 diabetes, some types of cancer, and can increase mood and energy level.

Older adults– Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills) and increase energy level.

You don't have to join a gym or spend a lot of money buying fancy exercise equipment to be active. Try to get 30 minutes a day, even broken down into 10 or 15 minute increments if you need to.

- Walk with a friend in the morning
- Better yet, walk with a friend and your dog!
(Or walk dogs at the Humane Society)
- Play catch or basketball with your kids after dinner
- Join a local team - there's teams for all ages and skill levels
- Don't like the great outdoors? Take up bowling or take a dance class
- Go hiking or biking on the weekend.
(The lakes and waterfalls are spectacular right now!)



**If you haven't exercised in awhile, start slow. Remember, any activity is better than none.
Your body will thank you!**

Safe Work Behaviors in the Summer

From dehydration to fatigue, intense heat can cause a variety of health issues. And with increased chance of illness also comes an increased risk of workplace accidents. But following these summer safety tips at work should help your team avoid incidents.

Safety behaviors you may want to follow:

- Keep a spare water bottle in your car, bag, or locker so you're never without water. Prioritize staying hydrated throughout your shift—especially in extreme temperatures.
- Always check the weather before work and pack accordingly.
- Limit the amount of caffeine and sugar you ingest to avoid headaches and fatigue.
- Take regular breaks in shaded areas, bringing portable fans to the worksite if necessary.
- Reduce your exposure by staying out of the sun during peak hours (if possible).
- Eat hydrating snacks like cucumbers, tomatoes, watermelon, and oranges.
- Bring an extra set of clothing and socks to prevent blisters and chafing.





Health & Welfare Disability Eligibility Extension

If you're out of work due to illness or injury for an extended period, you should contact the Fund Office to apply for a Disability Eligibility Extension. If you qualify, the extension will extend you and your family's health coverage for three (3) consecutive eligibility quarters at no cost.

If you continue to be disabled after the three (3) quarters, you can apply for a one-year Disability Eligibility Extension that would cover you for up to an additional year for services related to your illness or injury, also at no cost.

Note: The one-year Disability Eligibility Extension only applies to the disabled individual, and only for services related to the disabling illness or injury.



FLOWERS	BREEZE	RAINBOW	BEE
BLOSSOM	SUNNY	LADYBUG	RAIN
BUTTERFLY	PICNIC	SPROUTS	GROW



Women's Health & Cancer Rights Act (WHCRA)

Under the Women's Health and Cancer Rights Act of 1998, all plans like the Health & Welfare Plan for I.U.O.E., Local 12, that cover mastectomies are also required to cover related reconstructive surgery. Available reconstructive surgery must include both reconstruction of the breast on which surgery was performed and surgery and reconstruction of the other breast to produce a symmetrical appearance. Coverage must also be available for breast prostheses and for the physical complications of mastectomy, including lymphedemas. These services are elective and are chosen by the patient in consultation with the attending physician. These services are subject to the Plan's usual provisions regarding deductibles, benefit maximums, coinsurance and copayments.

Change of Address Form

It is very important that the Fund Office has, in addition to your mailing address, a record of your physical address on file. Your physical address is important for Plan enrollment. Changes of address must be received by the 15th of the month in order for your pension check to be sent to your new address the following month.

The Fund Office will continue to send communications to the mailing address you specify, not the physical address, if they are different. Please complete the form below:

Physical Address:

Name Reg #, OEID, Last 4 Digits of Member's SSN

Street (Physical Address)

City State Zip

Mailing Address:

Street (Mailing Address)

City State Zip

Members Signature Date

Phone Number

Please return signed form to:

Email: COA@oei.org
Fax: (626) 356-1047

Mail: Operating Engineers Trust Funds
P.O. Box 7063
Pasadena, CA 91109-7063