



EASTERN ATLANTIC STATES

CARPENTERS BENEFIT FUNDS

CARPENTERS.FUND NEWSLETTER

Your Benefits.
Your Future.
Our Mission.



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A Message From
the Fund Director



New Philadelphia
Fund Office Location



Mental Health
Awareness



Catapult Health &
Teladoc Primary Care



FALL
2026

QUESTIONS? Contact the Benefit Funds Office at **215-568-0430** or Visit **members.carpenters.fund**



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Dear Participants,

If you've noticed your health care costs climbing this year, you're not imagining it. Employer health benefit costs are projected to rise higher in 2026, projections are stating we will see the highest increase in 15 years driven by rising prescription drug prices, growing use of specialty medications, and higher utilization of care overall.

At EAS Carpenters Benefit Funds, we take this trend seriously because it affects every one of our members and their families directly. That's why this issue of our newsletter is dedicated to a topic we believe matters more than ever: the real, measurable value of preventive health, mental health support, and primary care in helping you stay healthy, and helping keep costs manageable for everyone in our plan.

The case for prevention. Chronic diseases such as diabetes, heart disease, and hypertension already account for more than \$1 trillion in annual U.S. health care treatment costs, and nearly 34% of all medical spending is tied to a handful of largely preventable conditions. Yet only a small share of adults receives all the preventive services recommended for their age and risk profile. The upside of closing that gap is significant and could prevent thousands of deaths every year, and increasing cancer screening rates by even a small percentage will reduce cancer deaths by a wide margin. It's a fact that families using ACA-guaranteed preventive services already save thousands of dollars per year in out-of-pocket costs.

Primary care as a foundation. Having a consistent primary care relationship helps catch small problems before they become large, expensive ones, and it's one of the simplest steps members can take to protect both their health and their wallet.

Why mental health deserves your attention. Mental health is not separate from physical health, the two are deeply connected, and when one suffers, so does the other. Worldwide, depression and anxiety alone drain an estimated \$1 trillion a year in lost productivity, and workers struggling with their mental health miss nearly five times as many workdays as those who aren't. Left unaddressed, mental health strain compounds: people managing both a chronic physical condition and an unmet mental health need face medical costs two to three times higher than average person. Reaching out for support early, before stress, anxiety, or depression become overwhelming, is one of the most powerful things a member can do for their long-term health, their family, and their peace of mind.

What this means for our Fund. None of this is about cutting corners on care, it's about using it wisely. In the pages that follow, we'll walk through benefits available to you at no or low cost, how to make the most of your mental health benefits, and why keeping a primary care provider should be at the center of your health plan. Taking advantage of these benefits is one of the most effective things you can do for your own health, and collectively, it's one of the best ways our membership can help hold the line against rising health care costs.

As always, thank you for being part of our Fund. We're committed to helping you get the most value and the best care from your benefits.

Sincerely,
Joe Obuchowicz
Fund Director

We've Moved!

We're excited to share that the EAS Carpenters Benefit Funds has moved to a new, state-of-the-art location.

We welcome all Members, Retirees, and Visitors to stop by and see us!



Our New Location

**Philadelphia Navy Yard
5 Crescent Drive
Philadelphia, PA 19112**



**Phone:
215-568-0430**



**We look forward to welcoming you
to our new home!**

The Edison, NJ office
will remain at its
current location.



QUESTIONS? We're here to help.
Call us at 215-568-0430.



Visit **members.carpenters.fund** for
more information and resources



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The Importance of **MENTAL HEALTH SUPPORT** *in the Carpentry Industry*

Mental health is a vital part of overall well-being. The EAS Carpenters Benefit Funds are here to help you and your family access the care and resources you need to thrive, both on the job and in life.



Mental Health Matters

In the construction industry, where physical strength and resilience are prized, mental health challenges can be even harder to acknowledge. However, recognizing and addressing these issues is vital for maintaining a healthy, productive workforce.



Taking Action
to Change



The Stigma
Surrounding
Mental Health



Mental Health
Challenges in
Carpentry



You Are Not
Alone – Help
is Available

SEE HOW YOUR BENEFITS CAN SUPPORT YOU EVERY STEP OF THE WAY. >

Your Mental Health Care

BENEFITS

Mental Health Consultants

Mental Health & Substance Abuse



Find solutions to personal problems so that you and your family can lead healthy, active and productive lives. Individual & Family Counseling, Mental & Nervous Conditions, and Substance Abuse Benefits are administered by Mental Health Consultants (MHC). A Coinsurance Plan with an out-of-pocket max combined with your Independence Administrators doctor and hospital coverage.

Covered Behavioral Health Benefits Include:



Psychiatrists & Psychologists



Social Workers & Licensed Counselors



Substance Abuse



Individual & Family Counseling



In-Patient & Out-Patient Treatment Facilities



Mental & Nervous Conditions

Manifesto Health

Recovery Support Service

MANIFESTO
HEALTH

Available at \$0 cost to you and your dependents. Manifesto Health provides on-demand peer support, recovery coaching and peer-led care navigation. Services are delivered in-person or digitally through a mobile app, allowing Manifesto to cater to your preferences and needs. Manifesto's Peer Recovery Coaches are an ongoing source of support, not just one-time assistance. Members are supported as they face the unique challenges of returning to work while maintaining recovery efforts. *Manifesto Health works alongside your coverage through Mental Health Consultants (see above).*



Manifesto's Platform Includes

An interactive mobile app with self-guided, evidence based tools, and digital access to real Peer Support Specialists.

Teladoc Health

Virtual Therapy



76%

of patients who experience depression say their symptoms improved after only **three therapy visits**

Teladoc offers virtual mental health services that include therapy, counseling, and psychiatric care. Users can schedule video or phone appointments with licensed therapists or psychiatrists for issues such as anxiety, depression, trauma, and more. Users can choose their providers based on personal preferences and needs. The service also provides access to digital activities and mental health coaching.



For more information on these benefits scan the QR code.



Scan Me



Visit members.carpenters.fund for more benefit information.



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**Virtual
Checkup®**

By Catapult Health

YOUR HEALTH. YOUR CARE.

FROM THE COMFORT OF YOUR HOME.

VirtualCheckup® by Catapult Health is a **100% virtual** health checkup that gives you valuable information about your health, at no cost to you.



**KNOW YOUR NUMBERS.
TAKE CONTROL.**

WHO IS ELIGIBLE TO PARTICIPATE?

The EAS Carpenters Benefit Funds offers a no-cost annual benefit through Catapult Health Virtual Checkup Home Kit. All covered Participants and covered Spouses can each register to receive a kit for their home.

WHAT IS THE VIRTUALCHECKUP® HOME KIT?

The VirtualCheckup Home Kit has everything you need to complete your health checkup: collect your sample and return it to the lab in the pre-paid envelope.



Don't worry!
The sample is
quick and
painless!

After it's received, a Nurse Practitioner will call you to review your results and help you develop a Personal Action Plan to help you achieve your health goals.

Your health checkup results are completely confidential and will not be shared with your employer.

WHAT'S INCLUDED IN YOUR VIRTUALCHECKUP®

- Diabetes screening
- Heart disease screening
- Blood pressure numbers
- Height & weight
- Body Mass Index
- Abdominal circumference
- Private video conference
 - ✓ Review your Personal Health Report with a certified Nurse Practitioner.
 - ✓ Discuss your personal and family health history.
 - ✓ Discuss any current medications.
 - ✓ Create a Personal Health Action Plan.
 - ✓ Assess and discuss anxiety and depression.
 - ✓ General health education.

HOW THE VIRTUALCHECKUP HOME KIT WORKS



1

Signing up takes less than 2 minutes, then watch for your no-cost Home Kit to arrive at your home in a few days.



2

Follow the simple directions and use the revolutionary collection device that is quick and virtually painless.



3

Send your sample back to the lab and schedule your virtual visit with a Nurse Practitioner to go over your results.

**GETTING A NO-COST
HEALTH CHECKUP
HAS NEVER BEEN EASIER.**



GET STARTED TODAY!

Visit: virtualcheckup.com/EasternAtlantic



TELADOC PRIMARY CARE

Review your results and take the next step toward better health with Teladoc Primary Care—at no cost to you.



WHY HAVING A PRIMARY CARE PHYSICIAN (PCP) MATTERS

A PCP is your partner in health—helping you stay healthy, catch issues early, manage chronic conditions, and coordinate care when you need it most.



PREVENTIVE CARE



PERSONALIZED SUPPORT



BETTER OUTCOMES

TELADOC PRIMARY CARE MAKES IT EASIER THAN EVER

1 FIND YOUR PCP

Browse and choose from board-certified providers.



April Cook, MD
Family Medicine
★★★★★
Next available
[Video profile](#)

Availability from Mon, Sep 25

9:00 AM	9:30 AM	10:00 AM
11:00 AM	11:30 AM	12:00 PM
1:30 PM	2:00 PM	3:00 PM

2 CONNECT

Meet with your provider from wherever you are.



3 PERSONALIZED CARE

Get a care plan designed for your health goals.

Care Plan

Goals

- ☒ Lower your blood sugar
Status: Active
- ☒ Complete A1c lab test
By 06/30/2025
- ☒ Enroll in your diabetes program
By 06/30/2025
- ☒ Check blood sugar daily
- ☒ Complete annual diabetes screenings



Schedule
Appointments



Get Personalized
Care Plans



Track Your Goals
Over Time

And more!



**DON'T WAIT MONTHS
TO SEE YOUR DOCTOR.**
THEY'RE JUST ONE CALL AWAY!

Teladoc Primary Care is available
to you at no cost.



YOUR HEALTH IS YOUR STRONGEST TOOL.
Let Teladoc Primary Care help you build a healthier tomorrow.



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Address Service Requested

WWW.CARPENTERS.FUND



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