



PLUMBERS AND PIPEFITTERS LOCAL NO. 172 FRINGE BENEFIT FUNDS

Plumbers and Pipefitters Local 172 Welfare Fund
Plumbers and Pipefitters Local 172 Pension Fund
Plumbers and Pipefitters Local 172 Voluntary 401(k) Fund

Managed for the Trustees by
TIC International Corporation

April 16, 2020

Re: UA Local 172 Activate Health Clinic

Dear Participant:

The Board of Trustees of the Plumbers and Pipefitters Local 172 Welfare Fund (“Welfare Fund”) understands how important it is for participants and their families to stay healthy during this fight against the coronavirus. The Trustees want to remind you that the Local 172 Activate Health Clinic is available to assist you and your family with your healthcare needs during this time. The Local 172 Activate Health Clinic is encouraging the use of Virtual Care to help prevent the spread of the coronavirus. Virtual Care gives you immediate access to your provider from the safety and comfort of your own home.

Enclosed, please find some information from your Local 172 Activate Health Clinic on the benefits of Virtual Care. Also enclosed is some information on the steps you can take to protect yourself and your coworkers during these unusual times.

Please feel free to contact your Local 172 Activate Health Clinic at (574) 218-6700 with any questions or concerns regarding your healthcare needs.

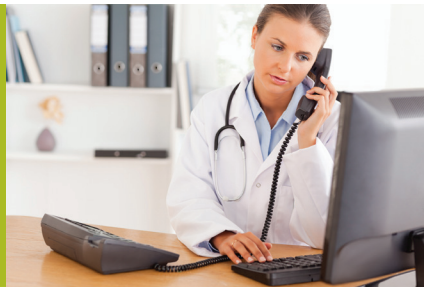
Stay Safe and Healthy,

Board of Trustees
Local 172 Welfare Fund

Enclosure(s)



ACTIVATE
HEALTHCARE



VIRTUAL CARE – WE ARE HERE FOR YOU.

Access to the right care when you need it

Your Activate Health & Wellness Center team understands how important it is to stay healthy as the world fights COVID-19. We are here to support your healthcare needs, using the appropriate safeguard processes and medical supplies to protect the health of you and your family.

We ask that you please **CALL YOUR HEALTH & WELLNESS CENTER FIRST** if you need our help, and we will assess your symptoms and direct you to the right care, appointment type, and referral, if necessary. We are encouraging **VIRTUAL CARE**, which gives you access to your provider anywhere.

Benefits of Virtual Care

- + Convenient**
 - Use any computer or mobile device.
 - Works in any browser with no plug-ins.
- + Full Access**
 - Our providers have complete access to your clinical history.
- + Follow-up**
 - Our providers can schedule a follow-up clinic visit, or send an ePrescription, a lab order, as appropriate.

Use with your Patient Portal for these additional benefits:

- + Online Scheduling**
- + Secure Messaging**

Don't forget that you also have access to an after hours nurseline that is available to you 24/7!

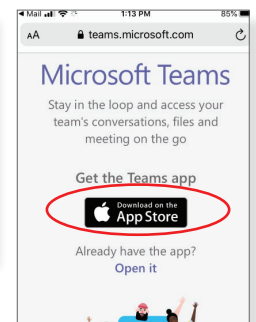
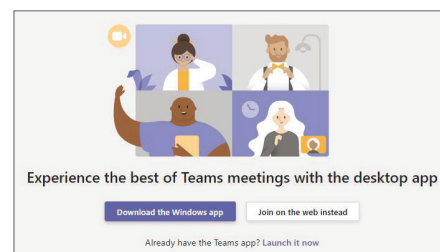
**Need help to jump start Virtual Care?
Call your Activate Health & Wellness Center team.**

Getting started - as easy as 1-2-3:

Once you have established a Virtual Care appointment with your provider, you will receive an email invitation with a link to join at your scheduled time.

From a computer or mobile device:

- Step 1:** At the time of your appointment, click "Join Microsoft Teams Meeting."
- Step 2:** From a computer, click "Join on the web instead." From a mobile device, follow the links to download, install the mobile app and open Teams.
- Step 3:** Enter your name, make sure that your microphone and video camera are on, and click "Join Now." The mobile app may require you to click "Join as Guest" before and after entering your name.



A phone number and Conference ID are also included with your Virtual Care appointment email, which you can use as a backup to the video visit.



Protect Yourself & Your Coworkers

Apart from our homes, our work places are where we spend most of our time. Many illnesses spread from person to person, but they can also travel from a person who is ill, to a commonly shared surface. Evidence suggests that germs can last for hours to days on surfaces. Here are helpful ways to keep you and your coworkers safe!

HEALTHY HABITS, HEALTHY WORKPLACE

- + **CLEAN HANDS** often, with soap and water for at least 20 seconds
- + **COVER** your coughs and sneezes
- + **CLEAN & DISINFECT** frequently touched surfaces at least daily
 - + Think phones, door handles, light switches, keyboards, credit card readers
- + **AVOID CLOSE CONTACT**, keep at least 6 feet
 - + This includes limiting handshakes. A sincere thanks works just as well!



Don't spread germs at work. If you are sick, stay home, rest & feel better.

The difference between disinfecting and sanitizing



- + **DISINFECTING** *kills* germs on surfaces and objects by using chemicals.
 - + To properly disinfect, products need to remain on surfaces - usually 3-5 minutes.
- + **SANITIZING** *lowers* the number of germs to a safe level.



AS YOUR TRUSTED HEALTHCARE PROVIDER, WE ARE HERE TO HELP you every step of the way. If you are feeling ill, please **call ahead** before visiting your provider.