



NORTHERN CALIFORNIA PIPE TRADES TRUST FUNDS FOR UA LOCAL 342

BENEFIT INSIGHT



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Fax: (925) 356-8938

Email: tfo@ncpttf.com

Website: www.ncpttf.com



Blue Shield members have access to Teladoc's national network of U.S. board-certified physicians. Whenever you need care, Teledoc medical doctors are available 24/7/365 by phone or video.

You can also speak to licensed therapists, psychiatrists, and mental health professionals who can help you manage addiction, depression, stress or anxiety, domestic abuse, grief and more. Mental health appointments are available from 7 a.m. to 9 p.m. local time, seven days a week.



Get the care you need
 Teledoc doctors can treat many medical conditions including:

- Cold and flu symptoms
- Allergies
- Respiratory infections
- Sinus problems

Teledoc licensed professionals can help manage health conditions including:

- Depression
- Addiction
- Grief
- Anxiety
- And more

How to request an appointment
 Scheduling a phone or video appointment is easy and convenient. General medical visits can be scheduled on demand 24/7/365. For mental health visits, you will need to schedule an appointment. Appointments are available seven days a week from 7 a.m. to 9 p.m. local time. Teladoc confirms mental health appointments within 72 hours.

How to schedule an appointment
Medical consultations
 Visit blueshieldca.com/teladoc to register or log in. You can request a consultation any time you need care. Download the **Blue Shield of California mobile app** to access care from anywhere.

Mental Health consultations
 Visit blueshieldca.com/teladoc to register or log in and answer a few questions about your needs. Then, request an appointment. Download the **Blue Shield of California mobile app** to access care from anywhere. Please note that mental health appointments must be scheduled in advance.

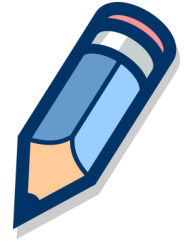
Confidential therapy when you need support

If you have questions or need help creating an account, call 1-800-Teladoc (835-2362). Wait times may vary.

PENSION

WORD

SEARCH



B I S
 F B X L X S I U R
 Y U B B P I J Z Y A C M O
 P O N U M W D F H C I P A Q X B L
 W Q D C X H O W E R O I P G A T E V W
 H P I L K D V X X E A A E L G O D N N Q R
 L N C T K C F T D H I R F I J S V E H O A
 V G Z M I A H J I N Y W I I C A U P F T S O N
 S C V L F Z O T F J K N S L A F S N I Q S J X
 K U D L J V I D I E A V I F R T K P F C Y S E A Y
 Q T U X D N X N T N Z B G Q N I B E X I Z I V V I
 M R K G T Q L G N E O R Y U O O P N S A N W Y S W
 C A E Q S G G D U C B K I N E A N Y S H R A Y D K I G
 S D O F I Y F I Y U M U T S P H R I I D Y T Q L E A Y
 R U K M N Y T F F K U E M Y N M U A O X I D L R D P S
 U K L G Y G Y Z Q C S F O Y E E W N C F C I N R U
 L R N L P R G P A H W Q P H E P J O T C Q Q H X K
 Q K B E H M K D N V P B G G I S R N W E V L W U T
 B S D X A X D V E A U V C O P W S D S E B Z U
 R Y H B L V P R X Z X Y O I T D C U V S D N C
 L B M L F A O P U C F C T Z X R J P N F H
 V P Y M T L S W K B E P T P V W O S M G K
 J P K L L F Z U R K A J I K U V L Q Q
 V F F Z P X K V X S V L S P A T S
 K T Q R O E S O H E N Z X
 D H S L R X Z Q N
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- FUNDING
- BENEFIT
- SPOUSE
- RECIPROCITY
- SINGLE
- SUSPENSION
- GUARANTEED
- CREDIT
- VESTED
- JOINT
- LIFE
- TAXES
- PENSION
- BENEFICIARY
- ANNUITY
- APPLICATION
- SURVIVOR

Next Upcoming Educational Workshops

Pension Pre-Retirement Workshop

Wednesday, August 16th, 5pm
Thursday, October 19th, 5pm



Supplemental 401(k) Retirement Workshop

Wednesday, August 23rd, 5pm
Wednesday, November 15th, 5pm

Workshops are currently scheduled via ZOOM webinar and registration is required. Check our website (www.ncpttf.com) for updated information on upcoming workshops.

SEPARATED SPOUSE

- Breaking up is hard to do, but failure to timely notify the Trust Fund Office of this information may make it even harder.
- You are required to notify our office within 30 days of any kind of change in life circumstance.
- You must notify our office of a change of address for you and/or your spouse; including any decision to separate, whether temporary or not, regardless of whether you have filed any legal paperwork.
- Waiting to notify our office until a divorce has been finalized will most likely result in you owing money back to the Plan. The sooner you notify our office, the sooner we can help you protect your benefits.

