

WELLNESS CENTRE EDITION | 2021

LiUNA **LOCAL 1059 NEWS**

WELLNESS CENTRE

PROVIDES FIRST CLASS SERVICES
AT GREAT SAVINGS TO OUR MEMBERS
AND THEIR DEPENDENTS





*Brandon MacKinnon,
Business Manager
LiUNA Local 1059*

Dear Members,

As chairman of the Board of Trustees for the LiUNA Local 1059 Benefit Plan, I would like to provide our membership with some basic information regarding both the structure of the plan, as well as the rationale for providing a Wellness Centre within the new LiUNA Local 1059 complex at 635 Wilton Grove Road in London.

Last year, the plan paid over \$8 million dollars in benefits to our members. The Board of Trustees is comprised of three representatives of Local 1059 and three employer association representatives. These individuals collectively make decisions regarding the operation of the plan and the benefits for our members.

All benefits except for life insurance are self-insured without any deductions paid to an insurance company. Global Benefits is hired by the plan to adjudicate claims, reimburse members, or pay service providers directly (such as in the case of prescription drugs). Global Benefits does not directly provide insurance. The payments for benefits claims plus Global's administration fees determines the monthly premium amounts that are paid into the plan by non-construction members/employers, and the hourly contribution rate for construction members.

The Benefit Plan directly operates the Optical Centre, and glasses obtained there by members are reduced in cost by 50%, compared to regular optical providers. The Dental Studio and Chiropractic/Physiotherapy/Massage Clinics are operated by independent companies with whom we have negotiated large discounts off of their standard

rates. The reduction in costs of benefits provided by the Wellness Centre has allowed the trustees to add new and expanded benefits, listed on the following pages, to our members at no cost.

Several great benefits of using the Local 1059 Wellness Centre include no payments required from members or dependents; all costs are covered by the Benefit Plan; and all three locations within the Wellness Centre have flexible hours on evenings and weekends, ensuring that they are accessible to all members and their dependents.

Simply put, the Wellness Centre provides first class services at great savings to our members and their dependents. These savings have allowed the trustees to add additional benefits to our members and their dependents who use the Wellness Centre clinics ■

All My Best,
Brandon MacKinnon



*635 Wilton Grove Road, London.
The new home of LiUNA Local 1059*



The Wellness Centre at 635 Wilton Grove Road

WELLNESS CENTRE Optical Centre



- No out-of-pocket payments are necessary, unlike at other optical offices
- No cost eye exams for vision and general eye health, including visual assessment, testing for glaucoma, and a colour-blind assessment
- No costs or limits for prescription lenses, quality frames for members and dependents, contacts, and anti-scratch coating and transition lenses
- Prescription sunglasses are covered only at our Optical Centre



Dental Studio: Open Sundays!



- All dental fees are 100% covered for both construction and non-construction members and dependents when you use the on-site Dental Studio for your dental care needs, unlike at other dentists' offices
- All covered services, including routine and remedial services like dental fillings, dental surgery, are paid for by the plan with no expense to the plan member
- Orthodontics are paid 100% up to \$6,000.00 (lifetime) per person under age 21



WELLNESS CENTRE

Chiropractic/Physiotherapy/Massage Therapy

- The Plan covers 100% of costs, so no out-of-pocket payments or co-payments are necessary
- Members and dependents are entitled to more visits per year than if you use a different clinic
- For members who currently have a WSIB or Motor Vehicle Accident claim, all billing and paper work for WSIB or car insurance companies will be processed directly by the clinic, ensuring that the care you receive is convenient and stress free



WELLNESS CENTRE

Members Health



We are also proud to offer Members Health to Local 1059 members and their dependents, which provides access to medical doctors 24/7/365 days per year in minutes via your phone, tablet, or computer.

- Secure and confidential
- Cuts out time spent in waiting rooms and travelling to appointments
- Doctors accessed through Members Health provide quality medical care through medical assessments, diagnoses, and medical advice, as well as:
- Lab and diagnostics referrals
- Timely access to specialists
- 24 and 48-hour follow-up care calls after your appointment
- Required prescriptions are sent directly to your pharmacy on your behalf

To register for this easy, convenient service, please visit www.members-health.com/



WELLNESS CENTRE The Health Depot

Local 1059 members and dependents receive preferred rates and unparalleled convenience on all pharmaceutical needs with The Health Depot, a convenient London-based pharmacy service now available to Local 1059 members and their dependents!

- Most prescriptions require no additional dispensing fee. Ontario-wide shipping is free, and local curb side pick-up is also available
- In addition to prescription medications, The Health Depot also offers over 10,000 health essentials like personal care products, vitamins, supplements, and more. Receive 20% off your first order, and 5% off all future orders!
- The sign-up page can be located here: <https://thehealthdepot.ca/pages/liuna> or feel free to call 1 (855) 844-2242 for assistance with signing up and placing your order



Andy Donald, Pharmacist and CEO of The Health Depot

Local 1059 member benefits!



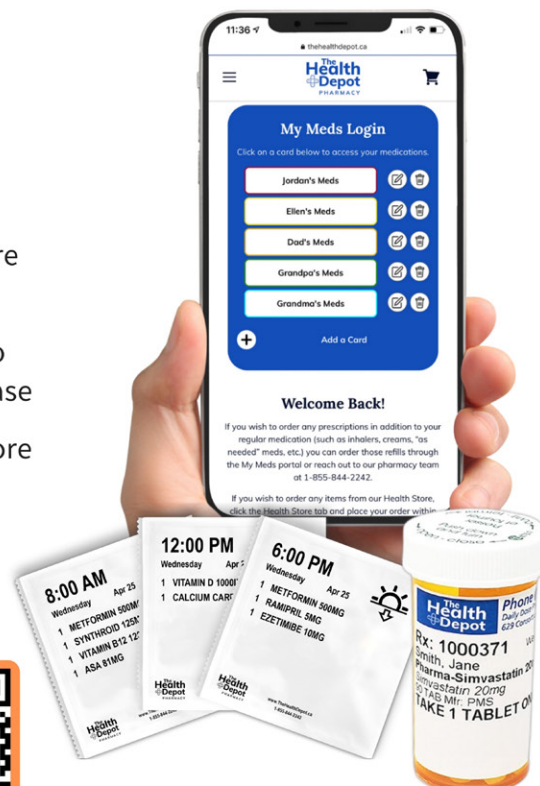
- **SAVE** on Prescriptions - you could **pay nothing!** with our LiUNA preferred dispensing fee!!



- **FREE** Ontario-wide delivery
- **SAVE** on over **10,000** health essentials and home healthcare products
- Enter promo code: **LIUNA20** to **SAVE 20%** off your first purchase
- **Get 5%** off all future health store purchases
- Shop online at **www.TheHealthDepot.ca**



SCAN QR code above to learn more about our unique offerings & services for LiUNA members



WELLNESS CENTRE Benefit Plan Summary

- Life insurance – member \$75,000.00 - \$100,000.00
- Accidental death & dismemberment – member \$75,000.00 - \$100,000.00 in addition to the life insurance above
- Life insurance – spouse & children \$5,000.00 - \$10,000.00
- Short Term Disability \$524.00/week (Construction members only)
- Long Term Disability \$1,000.00/month (Construction members only)
- Prescription medications
- Medical cannabis
- Smoking cessation medication or laser therapy
- Erectile dysfunction medication, fertility medication
- Glasses or contact lenses every 12 months (construction) and every 24 months (non-construction); laser eye surgery – 75% up to a lifetime maximum of \$3000.00, effective Sept. 1, 2021
- Eye exams every 24 months
- Ambulance fee
- Vaccinations and immunizations
- Orthopaedics supplies
- Hearing aids
- Physiotherapy, occupational therapy and massage therapy
- Oxygen and rental equipment for its use
- Artificial limbs, larynx and eyes
- Casts, walker, cane, splints, trusses and crutches
- Back and leg braces
- Breast prosthesis, surgical bras, wigs
- Electronic heart pacemaker
- Anesthetic and its administration
- Blood and blood plasma; Colostomy supplies
- Insulin
- Continuous Glucose Monitor and related supplies covered effective September 1, 2021
- Rental of a wheelchair, iron lung, hospital type bed and other durable therapeutic equipment
- X-rays and laboratory examinations
- Surgical dressings and surgical stockings
- CPAP machine; TENS Unit
- Chiropractor, osteopath, naturopath, podiatrist, chiropodist, acupuncturist
- Speech therapy
- Out of country medical emergency insurance (premium reimbursement)
- Psychologist, psychotherapist or social worker
- Parental Leave:** 3 days
- Bereavement** pay for the death of immediate family members, up to 3 days
- Dental Benefits:**
 - \$2,500.00/year, per person
 - Diagnostic procedures, cleaning and scaling of teeth, dental surgery, anaesthesia, extractions, periodontic services, endodontic services, amalgam and synthetic restorations, full and partial dentures, space maintainers, crowns, bridges, gold inlays and crowns, implants, orthodontic services covered 100% up to \$6,000.00 (lifetime) per person up to age 21 at our Dental Studio
- Legal Benefits:**
 - Purchase/sale of family home, purchase of a lot for family home, purchase/sale vacation property, transfer of title, mortgage, discharge of mortgage
 - Divorce, separation agreements, property and custody support, modification of a separation agreement, adoption, guardianship, change of name, post or pre-nuptial agreements, consultation
 - Wills, powers of attorney, deeds, simple contracts, residential tenant leases, notarize affidavits or documents, leases/tenancy, contracts, consumer protection, personal bankruptcy, garnishment of wages, tax advice, personal liens, small claims court, social assistance, employment insurance, immigration
 - Civil litigation, insurance related matters, automobile related matters
 - Highway traffic violations, provincial or Municipal by-laws offenses, Criminal Code of Canada charges, pardons
 - Jury duty or jury selection


Addiction Services
of Thames Valley | Services de toxicomanie de Thames Valley

Addiction Services of Thames Valley

A reminder to all members: With limited opportunities for our usual routines and activities due to the pandemic, feelings of isolation or depression may arise. If you need help with addictions or mental health challenges, get in touch with Josh Keene at Addiction Services of Thames Valley for confidential counselling. This is a free service included as part of your benefits package as a member of Local 1059 ■

Josh Keene: jkeene@adstv.ca
519-673-3242 ext. 230 | Cell: (226) 376-2629



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Wellness Centre

Optical
Dental
Chiropractic
Massage
Physiotherapy

DO WE HAVE YOUR EMAIL ADDRESS?

Having email addresses allows us to quickly and inexpensively relay important information to members and for construction members to respond to employers needing construction workers immediately. Contact us today to add your email address to our database.

liunalocal1059.com

LiUNA
LOCAL 1059 NEWS

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LiUNA
LOCAL 1059

Labourers' Union Local 1059
635 Wilton Grove Road
London, ON
N6N 1N7

