

UPPER PENINSULA PLUMBERS' & PIPEFITTERS' FRINGE BENEFIT FUNDS

UP Plumbers' & Pipefitters' Health & Welfare Fund
UP Plumbers' & Pipefitters' Pension Fund
UP Plumbers' & Pipefitters' Money Purchase Fund
UP Plumbers' & Pipefitters' Vacation Fund
UP Plumbers' & Pipefitters' Educational Fund

Managed for the Trustees by:
TIC INTERNATIONAL CORPORATION

May 2007

TO: All Participants of the Upper Peninsula Plumbers' & Pipefitters' Health & Welfare Fund

RE: Upper Peninsula Plumbers' and Pipefitters' Health & Welfare Fund –
BlueHealthConnection

Dear Participant:

Do you take an active role in your own healthcare decisions? To help you answer that question, please consider the following:

- Do you take good care of yourself by choosing a healthy lifestyle and getting preventive care?
- Do you have one doctor (often a primary care doctor) with whom you have a partnership and can share in the decision-making?
- Do you prepare for your doctor's visits by being as specific as possible about your symptoms and what makes them better or worse?
- Do you ask well thought-out questions about your condition, including the risks and benefits of any proposed treatment or surgery?
- Do you know about all your medications including over-the-counter medications?

The Upper Peninsula Plumbers' and Pipefitters' Health and Welfare Fund and BLUE CROSS BLUE SHIELD OF MICHIGAN (BCBSM) are committed to providing you with tools and support to help you achieve and maintain the *best* health possible. We know there are **many** sources of support, and we're here to help you find good, reliable, and accurate information.

An important component of your BCBSM health care plan is BlueHealthConnection, BCBSM's *Healthcaring* program which allows you to speak with a nurse health coach 24 hours a day, seven days a week about any health concern you may have. The health coach can provide disease and symptom management support and will stay in touch with you to help with your medical issues for yourself or your covered family members.

<Over>

You can also call BlueHealthConnection to request a health handbook or listen to audiotapes covering a wide range of health issues. In addition, you can create your own personalized home page by answering some health questions on their online health risk appraisal at www.bcbsm.com. **Please refer to the enclosed brochure for more information regarding BlueHealthConnection.**

You can reach a BlueHealthConnection health coach to discuss your health concerns by calling 1-800-775-2583. This number is available 24 hours a day, seven days a week. For more information about BlueHealthConnection, please see the enclosed brochure, “Hope and BlueHealthConnection – your partners in health.”

Neither the Fund nor BCBSM can provide you or your family members with individualized health care advice or treatment. So, you should rely on your doctor and other health care professionals for individualized medical treatment and advice.

Your Fund is committed to providing you with health related information throughout the year. Our goal is to help you help yourself and your family on a road to better health.

Sincerely,

UPPER PENINSULA PLUMBERS’ AND PIPEFITTERS’
HEALTH & WELFARE FUND
BOARD OF TRUSTEES