



HAPPY HOLIDAYS FROM YOUR TRUSTEES AND TEIBAS

It has been a busy year for TEIBAS and the Board of Trustees of the IBEW Local 353 Pension and Benefit plans. We have enhanced our governance structure to focus on investments and the education of Trustees through formal training and committee participation with TEIBAS management.

Our plans have grown this year, our membership has expanded with 300 new Local 353 members and more than 120 members retired. Improving our coverages and member services for you is important to us. This year, we increased our vision coverage to include laser eye surgery, and our group life and accident insurance increased to \$150,000 for active members. Life insurance in the amount of \$40,000 was added for active members' spouses and \$10,000 for dependents.

Our member information seminars continue to be sold out and we are researching online platforms that will allow us to deliver these presentations to a larger audience in the future. The second Wellness Fair with Mike "Pinball" Clemens was a highlight for many so be sure to watch for information about our 2017 Wellness Fair in future newsletters. We also unveiled our expanded myTEIBAS.com to all active plan members, retirees and surviving spouses. We have had excellent feedback and support for the web portal's many improvements.

We conducted our first member satisfaction survey through a telephone sampling of plan members. We asked members who had contacted TEIBAS if they were satisfied with how we responded to their questions. We are pleased to report TEIBAS staff received a 93% positive response from members and we continually strive to serve you better.

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On behalf of the Board of Trustees and TEIBAS, we wish every member of IBEW Local 353 a safe and happy holiday season.

TEIBAS Holiday Hours

Monday	Tuesday	Wednesday	Thursday	Friday
Dec. 19, 2016 7:30 am - 4:30 pm	Dec. 20, 2016 7:30 am - 4:30 pm	Dec. 21, 2016 7:30 am - 4:30 pm	Dec. 22, 2016 7:30 am - 4:30 pm	Dec. 23, 2016 CLOSED
Dec. 26, 2016 CLOSED	Dec. 27, 2016 CLOSED	Dec. 28, 2016 7:30 am - 4:30 pm	Dec. 29, 2016 7:30 am - 4:30 pm	Dec. 30, 2016 7:30 am-11:30am
January 2, 2017 CLOSED	January 3, 2017 7:30 am - 4:30 pm	January 4, 2017 7:30 am - 4:30 pm	January 5, 2017 7:30 am - 4:30 pm	January 6, 2017 7:30 am - 4:30 pm

Let Shepell help you reach your wellness goals!

You and your family can discover the unique tools and resources available online or by contacting Shepell directly by phone. Using your Member Assistance Program (MAP) has never been easier. Available services include:

Quit Smoking: Access a certified smoking cessation counsellor through a telephone counselling program which includes an initial assessment, four counselling sessions, one booster session and two aftercare sessions.

Eat well, stay fit: Take a holistic and proactive approach to your nutrition and wellness by accessing professionals such as Registered Dietitians who can assess your eating habits, identify dietary concerns and answer nutrition questions you may have.

Stress Management: Stress is a physical or emotional reaction to a demanding event or situation; it can be a healthy way of enhancing performance, or an unhealthy drain on physical and mental resources. Stress Coach Connect is a unique program that can help you take the first step toward improved health and wellness through effective stress management.

Shepell can help with:

- Relationship Problems
- Parenting Advice
- Addiction
- Legal and Financial Issues
- Nutrition and Naturopathy
- Stress
- Grief Counselling
- Smoking Cessation
- Personal Resiliency
- Depression
- Anger Issues
- and more

Explore the support services available to you and your family by visiting www.workhealthlife.com or place a confidential call to Shepell Care Access Centre 1-800-387-4765.



Important Year End Reminders

- Submit outstanding claims for 2016 to Great-West Life as you have one year from date of treatment or the purchase date of product.
 - Review your life insurance and pension beneficiaries on file by visiting myteibas.com
 - Complete and submit a Declaration of Student Status form available at teibas.com if you have a dependent turning 21 and studying full-time at a post-secondary institution.
- New life insurance for active members' spouse and dependents** - It is important that members take the opportunity to log into myteibas.com and review your personal profile to ensure that TEIBAS has your proper spouse, dependents and beneficiaries on file.



LIFESPEAK YOU KNOW. YOU CAN.

Watch & Win Contest

Visit **myteibas.com** and access the **LifeSpeak video** library that focuses on a variety of health and wellness topics such as healthy eating, planning for retirement, and stress management.

Each month myteibas.com will post new videos that focus on topics of interest for members and their family to watch. Topics are selected based on member feedback and benefit plan usage.

November 2016

Diabetes Month

December 2016

Wellness Month

January 2017

Aging Brain Month

February 2017

Heart Month

March 2017

Financial Strategy

April 2017

Addictions

Visit **myteibas.com**, click **myHealth** and enter the **Watch & Win Contest** for your chance to win a **\$100 gift card** from Dec.1, 2016 - Jan. 31, 2017.

UPCOMING SEMINARS AT SOUTH UNION HALL

TEIBAS offers seminars throughout the year that focus on educating members on their pension and benefits.

- January 28, 2017 Pre-Retirement Seminar
- March 4 – Benefit Information Seminar
- May 6 – Pre-Retirement Seminar
- May 13 – Retiree Information Seminar

Recent testimonials:

- “very good seminar – lots of information!”
- “helpful information and explained well!”

Register today

Seating is limited, so please call us at **416-637-6789** or email us at **members@teibas.com**. Saturday morning seminars from 9-11:30 am

Dedicated Staff & Phone Number at Great West Life!

GWL trained staff are available to answer specific questions about your IBEW Local 353 benefit plan. 1-844-232-4239 Monday to Friday from 8:00am to 7:00pm



Sign Up for myTEIBAS.com!

If you're an active member (not suspended), retiree or surviving spouse, visit **myteibas.com** and create an account to view the information we have on file for you.

Q&A Section

My dental claim was denied because of an address discrepancy. How can I avoid this in the future?

As a reminder, when you visit your dentist or any other medical practitioner, always confirm with the practitioner that they have your correct mailing address on file.

How do I add my spouse or common-law to the benefit plan?

Visit myteibas.com to print and complete a Change/Update Information Form along with a marriage certificate. If you do not have a marriage certificate you will need to print and complete the Declaration of Martial Status form also available at myteibas.com. Forms are to be mailed to TEIBAS.

Where do I get info on travel insurance?

Active plan members (not collecting a pension) are covered for out of country medical expenses. Viator administers this benefit for us and their phone number is 1-866-870-1898. The travel card and booklet are available on myteibas.com

There is a discrepancy between my Quarterly Contribution Statement and my hours worked. What do I do to correct this discrepancy?

1. Review your contribution statement against your paystubs to confirm hours worked and contributions.
2. Contact the local union office for assistance.

How do I apply for short-term disability benefits?

Contact the IBEW Local 353 Union Hall at 416-510-3530 and ask for the "Disability Application Forms". All completed forms and required documents are to be returned to the IBEW Local 353 Union Hall.

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TEIBAS

Toronto **Electrical**
Industry **Benefit**
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About this bulletin

This bulletin was prepared on behalf of the Trustees of the Local 353 IBEW Trust Funds. It provides summary information about the Local 353 Health and Welfare Plan and the IBEW 353 Pension Plan (registration number 0598235) in plain language. This publication is not intended to provide advice. If there is any discrepancy between this document and the legal documents that govern the plans, the legal documents will apply. The Trustees expect to maintain these benefit plans indefinitely. However, they reserve the right to change or cancel any or all benefits under the Health and Welfare Plan, the Pension Plan, and the SUB Plan for active and retired members, and their survivors and dependants.



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