

Transportation • Communications • International Union
Los Angeles County Metropolitan Transportation Authority
Health & Welfare Trust Fund

Administered By: Benefit Programs Administration
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January 2026

To: Eligible Participants Enrolled in the Transportation Communications International Union
– Los Angeles County Metropolitan Transportation Authority Health & Welfare Trust
Fund

From: The Board of Trustees

Re: Benefit Improvements - Extra Mile Benefits Wellness Program reimbursement change
from calendar year to rolling 12-month reimbursement period starting from date of
reimbursement submission

Dear Eligible Participant,

Why am I receiving this Notice?

This notice is to advise you of the recent benefit improvement made by the Board of Trustees.

How does this Notice Affect Me?

Extra Mile Benefits- Wellness Program: Change from Calendar-Year Reimbursement to Rolling 12-Month Reimbursement Period

Effective retroactively January 1, 2025, the Extra Mile Benefits – Wellness Program will move from a January – December calendar-year reimbursement period to a rolling 12-month Reimbursement Period.

With this updated structure, your personal 12-month reimbursement period will begin on the date you submitted your first reimbursement request in 2025. For example, if your first 2025 reimbursement was submitted on March 1, 2025, your 12-month period would run through March 1, 2026

Each eligible Employee or Retiree will continue to have access to an annual \$3,000.00 wellness allowance, which may be used for themselves and their eligible Dependents. This allowance remains \$3,000.00 per rolling 12-month period per family.

Retroactivity

This change is retroactive to January 1, 2025. Only expenses incurred on or after January 1, 2025, will fall under the new rolling 12-month reimbursement period.

Doctors Note Requirement

Effective January 1, 2025, when a reimbursement request involves an item that requires a Doctor's Note from a Physician, the member's 12-month rolling reimbursement period will begin on the date of the Doctor's Note itself if that request is the first reimbursement submitted during the period.

However, if a member submits any eligible reimbursement request that does not require a Doctor's Note before submitting a request that does require a Doctor's Note, the date of that first submitted reimbursement request will serve as the start of the member's personal 12-month rolling reimbursement period.

This means:

- If the *first* reimbursement submitted requires a Doctor's Note, the date of the Doctor's Note will be the start of the 12-month rolling period.
- If the *first* reimbursement submitted does **not** require a Doctor's Note, that submission date—not the later Doctor's Note date—will be the start of the 12-month rolling period, even if a Doctor's Note is provided later for another item.
- Any subsequent reimbursements within that 12-month period (including those requiring a Doctor's Note) will be tied to that original start date.

All other Extra Mile Wellness Program reimbursements that do not require a Doctor's Note will continue to follow the existing rule in which the rolling 12-month period begins on the date the member first submits an eligible reimbursement request within that period. This update does not change any other program requirements under the SPD, including the existing doctor-note requirement for specific items or any limitations such as the five-year replacement restriction for certain exercise equipment

Additional Program Requirement

Certain items require a Letter of Medical Necessity from your Physician (Doctor). These items include, but are not limited to, treadmills, rowing machines, weights, and similar exercise equipment.

When requesting reimbursement for these items, you must submit a Physician's letter of recommendation (Doctor's Note), proof of purchase, and a completed Wellness/Extra Mile reimbursement form.

Once reimbursement has been issued for an item requiring a Physician's letter, the item may not be returned. If an item is returned after reimbursement, the full reimbursement amount must be repaid to the Trust Fund. The Trust Fund conducts regular audits to ensure proper use of the program and may contact vendors to verify purchases.

In addition, if you purchase an item that requires a physician's letter, you may not receive reimbursement for the same type of item again for five (5) years. For example, if you

receive reimbursement for a treadmill in 2025, you will not be eligible for reimbursement for another treadmill until 2031.

What do I need to do?

You are NOT required to take any action. These benefit improvements will take affect automatically. You may continue to submit claims for the Extra Mile Program as you have customarily done so in the past.

Where to go with Questions

Questions regarding any of these changes can be directed to the Administrative Office at (800) 427-5342 or (562) 463-5090.

Sincerely

The Board of Trustees