

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

Administered By: Benefit Programs Administration  
Telephone • (562) 463-5090 • (800) 427-5342  
www.tcu-mtawelfare.org

September 2022

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 & Fee-For Dental Plan  
Orthodontic Lifetime Benefit Maximum

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Dear Eligible Participant,

This notice is to advise you of the recent benefit improvements made by the Board of Trustees of The Transportation Communications International Union – Los Angeles County Metropolitan Transportation Authority Health & Welfare Trust Fund.

**Extra Mile Benefits- Wellness Program: Increase to calendar year maximum allowed amount**

Effective imminently the Extra Mile Benefits- Wellness Program annual allowance of \$500.00 has been increased to \$750.00. Each eligible Employee or Retiree is allowed \$750.00 of benefits per calendar year for him or herself and his or her eligible Dependents (i.e., \$750.00 per family).

The Extra Mile Benefits Wellness Program, which is provided directly by the Trust Fund helps you stay well and prevent disease. The Trust Fund will reimburse you directly and does not accept assignments. Receipts and a completed Wellness Claim form requesting coverage under the Extra Mile Benefits Wellness Program are required for reimbursement.

**Orthodontic Benefits under the Fee-For-Service Dental Plan: Increase to Lifetime Benefit Maximum**

Effective June 1, 2022, the lifetime benefit maximum for covered orthodontic services was increased from \$3,000.00 to **\$5,500.00**. The increase to the lifetime benefit was originally applied to any Participant who commenced or will commence treatment on or after January 1, 2022. **However, the Trustees have elected to now approve the increased lifetime benefit maximum for covered orthodontic services to participants who incurred the services retroactively. If you have incurred orthodontic services in the past which exceeded the previous lifetime maximum you may provide the Fund with proof of the expenses you incurred related to the orthodontic services along with who the services were for. Upon receipt of this information the Fund will review the information and will reimburse any eligible expenses up to the \$5,500.00 lifetime maximum benefit.**

## **First Dental Health Preferred Provider & Exclusive Provider Dental Networks**

As a reminder, Participants enrolled in the Fee-For-Service Dental Plan have the **option** to utilize both the First Dental Health Preferred Provider (PPO) & Exclusive Provider (EPO) networks. **Using a First Dental Health Dentist will reduce dental costs for yourself and also for the Fund.** Participants can access the First Dental Health website at [www.firstdentalhealth.com](http://www.firstdentalhealth.com) or they can call (800) 334-7244 to find a participating dentist within the First Dental Health network.

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