

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

June 2021

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: **EXTRA MILE BENEFITS (WELLNESS PLAN)**

Dear Eligible Participant,

This notice is to remind you of the Transportation Communications International Union – Los Angeles County Metropolitan Transportation Authority Health & Welfare Trust Fund the Fund offers participants the **Extra Mile Benefits, Wellness Program**. This benefit is provided directly by the Trust and offers each eligible Employee or Retiree \$500.00 in benefits per calendar year.

The following benefits are covered by the Extra Mile Benefits, Wellness Program:

- Nutritional counseling when performed by a registered dietician.
- Alternative remedies, including non-FDA approved medications, homeopathics, vitamins, and mineral supplements, so long as prescribed by a Physician in writing.
- Smoking cessation programs while under a Physician's care. In addition, the cost of over-the-counter smoking cessation medications/aids will be reimbursed provided an itemized receipt and proof-of-purchase seal has been submitted with your claim.
- Physical therapy and chiropractic services not covered through your medical plan.

The Trust will reimburse eligible participants directly and does not accept assignments. Simply submit your itemized bills with receipts, along with a prescription and any other required documents, and a completed Wellness Claim form requesting coverage under the Extra Mile Benefits Wellness Program.

Keep in mind that the services must be performed by a licensed or recognized practitioner. To determine whether a service or treatment is covered, it is recommended that you contact the Administrative Office at (800) 427-5342 or (562) 463-5090.