

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

Administered By: Benefit Programs Administration
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December 2023

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 Calendar Year Benefit
Maximum & Coverage for Exercise Equipment & Life Insurance Increased Benefit –
January 1, 2024

Dear Eligible Participant,

This notice is to advise you of the recent benefit improvement 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

Effective **January 1, 2024**, the Extra Mile Benefits- Wellness Program annual allowance of
\$1,000.00 has been increased to **\$2,000.00**. Each eligible Employee or Retiree is allowed
\$2,000.00 of benefits per calendar year for him or herself and his or her eligible Dependents
(i.e., \$2,000.00 per family).

Additionally, effective January 1, 2024, the Extra Mile Benefits Wellness Program has also
expanded the items that will be reimbursed under the Program to include Exercise Equipment.
Note: A Doctor's note recommending the use of Exercise Equipment is required to be submitted
to the Fund when requesting reimbursement for the purchase of Exercise Equipment. Please
note that the Fund will reimburse exercise equipment only at reasonable and customary rates
(e.g., the reasonable cost of an exercise bike, as opposed to a Peloton).

The following items are an updated listing of covered under the Funds Extra Mile Benefits
Wellness Program:

- Acupuncture/Acupressure
- Body Fat % Testing
- Chiropractor
- Cryogenic Therapy
- Exercise Equipment (Doctor's Note
Required)
- Float Therapy
- Food Plan Consulting
- Holistic Detox Therapy
- IV Therapy
- Massages
- Powders (Doctor's Note Required)
- Pre/Post Workout Drinks
- Sauna
- SPA Services
- Space Bar Recovery Services
- Vitamins (Doctor's Note Required)
- 24 Hour Fitness Membership
- 24 Hour Fitness Personal Training
- Yoga & Pilates

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.

Life Insurance & AD&D Benefit Increase Effective January 1, 2024

Effective **January 1, 2024**, the Life Insurance and Accidental Death & Dismemberment benefits provided by the Fund will increase to **\$50,000.00** for both Active & Retired eligible participants.

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