



EASTERN ATLANTIC STATES

— CARPENTERS BENEFIT FUNDS —



CARPENTERS.FUND NEWSLETTER

- What You May Have Missed
- June: Men's Health Month Q&A
- Summer Time Tips & Important Beneficiary Update

Summer 2025

ASK THE FUND: LIVE Q&A



The Eastern Atlantic States Carpenters Benefit Funds hosted a LIVE Town Hall. Participants like you joined the online webinar to get answers to their biggest questions.

If you haven't already, make sure you check out the recording of the Fund's live event located on our YouTube channel [@eascarpentersfunds](#) or scan the QR Code below.



Have questions about your benefits?

If you missed the Fund's LIVE Q&A, there are still several ways to access all the information you need.

 **Website**
members.carpenters.fund

 **Phone**
(732) 417-3900


Talk to a Fund Staff member in real time during normal business hours or on our website.

 Email / Chat

GETTING YOUR PENSION ESTIMATE *HAS NEVER BEEN EASIER!*



You can also access the following information regarding your annuity accounts:

- Annuity History
- Annuity Loans
- Annuity Statement
- Annuity Balance
- Annuity Payouts

VISIT MYPROFILE

After logging in, navigate to the Dashboard bar on the left side of the screen. From there, you can select Pension Estimate. **This button will allow you to submit A Projected Date of Retirement.** Then you will receive a downloadable report of your Pension Estimate based off of default retirement information.



Scan Me!

Have questions? Please visit:
members.carpenters.fund



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JUNE IS MEN'S HEALTH MONTH

BENEFIT Q&A

June is Men's Health Month, so let's make it easy to take action! Here's how to get the most out of your health benefits with quick answers to common questions:

Q: I'd rather watch a movie with the family then drive all the way to the doctor's office and back for my physical, what can I do?

A: Catapult Health Virtual Check-up. A quick & convenient way to check your key health markers without leaving your house.

Q: I am incredibly sore after a day of hard work, and can't see my schedule allowing visits to the physical therapist's office, is there a fix?

A: Sword Health revolutionized physical therapy without leaving the comfort of your home. This means sessions start on your time and your schedule. After joining SWORD, 67% of members experienced mild to no pain.

Q: As I get older, my relationship with food is not where I need it to be, I want to be healthier for my spouse and model healthier habits, where can I start?

A: Definitely sign up for Utopia Wellcare, nutritional counselling that is personalized for your lifestyle and goals. 6 meetings with a registered dietician, a meal plan and more are available for you and your participants as a part of your benefit plan.



SCAN THE 
QR CODE

COMMON QUESTIONS. REAL SOLUTIONS.

ALL COVERED BY YOUR BENEFITS.

Start with One.
Stay in the Game.

- ✓ Virtual Checkups
- ✓ Cancer Screening
- ✓ Mental Health Support
- ✓ Physical Therapy
- ✓ Coaching & More



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verage/ to learn more.

Q: I really don't want to relapse on my drinking habits, but I feel like I am doing this alone, are there any options for me?

A: Manifesto Health specializes in recovery support service, this means you always have your very own recovery coach on hand, as well as access to member support - people who are going through the same trials you are, all to help get you where you need to be.

Q: I am over 50 years old, and am curious about cancer screenings that may be able to detect cancer early, just so I can be prepared, where should I start?

A: The Galleri Test looks for a signal associated with active cancer, and can be utilized at home for both you and your spouse (50+ years). It can increase your chance of finding a signal associated with cancer early, when used in addition to single cancer screenings

Q: I am looking to prioritize my heart health, is there something that takes a deep dive into my heart's metrics and can preferably be completed from home, while simultaneously sharing my results with my doctor?

A: You have to try out this new and easy way to improve your heart health, HelloHeart offers a complimentary blood pressure monitor and app that allows you to not only understand your heart metrics better yourself, but to send your results over to your doctor with ease.



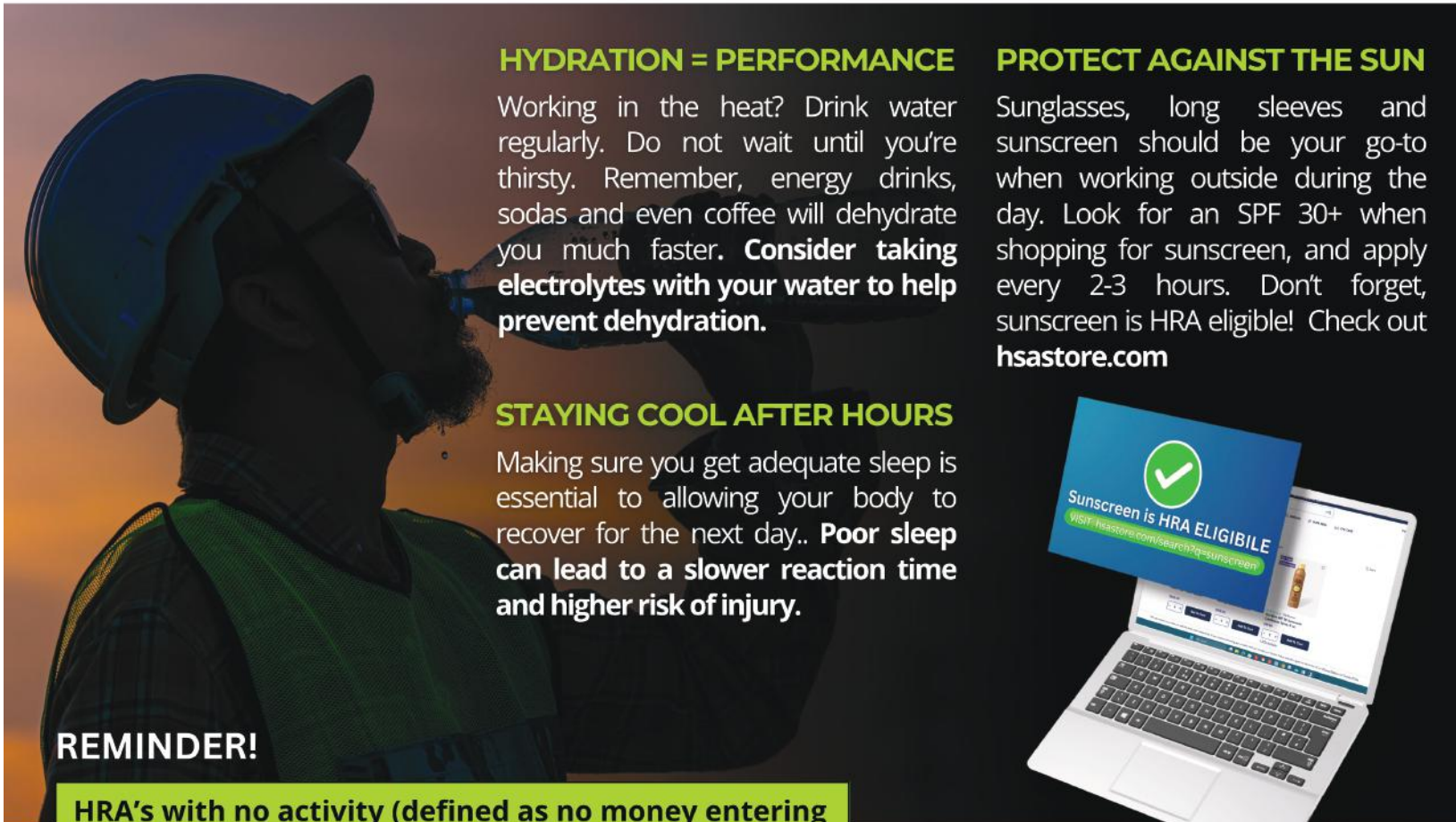
FOR MORE
INFO ON
YOUR
BENEFITS





Long days. Hot sun. Heavy work. Summer can be tough on the body. But a few smart moves can make a big difference on the job and off.

Whether it's staying hydrated, preventing heat stress, or using your health benefits when something feels off, here are a few simple ways to stay safe, sharp, and strong all season long.



HYDRATION = PERFORMANCE

Working in the heat? Drink water regularly. Do not wait until you're thirsty. Remember, energy drinks, sodas and even coffee will dehydrate you much faster. **Consider taking electrolytes with your water to help prevent dehydration.**

PROTECT AGAINST THE SUN

Sunglasses, long sleeves and sunscreen should be your go-to when working outside during the day. Look for an SPF 30+ when shopping for sunscreen, and apply every 2-3 hours. Don't forget, sunscreen is HRA eligible! Check out hsastore.com

STAYING COOL AFTER HOURS

Making sure you get adequate sleep is essential to allowing your body to recover for the next day.. **Poor sleep can lead to a slower reaction time and higher risk of injury.**



REMINDER!

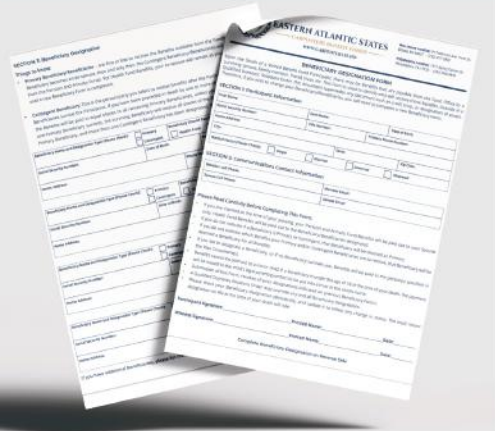
HRA's with no activity (defined as no money entering or exiting the account) will be forfeited after 3 years.



Make Sure Your Loved Ones Are


COVERED

A New Beneficiary Form is on the Way.



Fill out the EAS Beneficiary Form and return it as soon as possible. If you fail to designate a Beneficiary, or if no Beneficiary survives you, Benefits will be paid to the person(s) specified in the Plan Document(s).

Questions?

Call the Fund Office at  (732) 417-3900

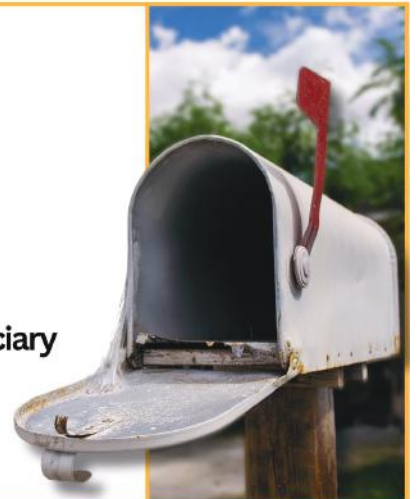
 **PLEASE READ**

Beneficiary forms dated before 2024 are now null and void.

If you do not return a new beneficiary form, you will be considered to have no designated beneficiary.

The Union is offering 10 UCAN points for completing the beneficiary information. Scan the QR code to download the UCAN app.

SCAN ME





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ADDRESS SERVICE REQUESTED



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