

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

Administered By: Benefit Programs Administration  
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[www.tcu-mtawelfare.org](http://www.tcu-mtawelfare.org)

March 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 & Fee-For Service Dental Plan Calendar Year 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**

Effective January 1, 2023, the Extra Mile Benefits- Wellness Program annual allowance of \$750.00 has been increased to **\$1,000.00**. Each eligible Employee or Retiree is allowed \$1,000.00 of benefits per calendar year for him or herself and his or her eligible Dependents (i.e., \$1,000.00 per family).

The Extra Mile Benefits Wellness Program has also expanded the items that will be reimbursed under the Program. These items include the following:

- Acupuncture/Acupressure
- Body Fat % Testing
- Chiropractor
- Cryogenic Therapy
- 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.

### **Fee-For-Service Dental Plan: Increase to Calendar Year Benefit Maximum**

Effective January 1, 2023, the Fee-For-Service Dental Plan Calendar Year Benefit Maximum will increase from \$2,500.00 to **\$4,000.00** per participant. This increase will apply to dental services incurred January 1, 2023, forward.

### **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.