

# Cement Masons & Plasterers Trust Funds

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Administered by  
Welfare & Pension Administration Service, Inc.

July 27, 2023

## To All Active, COBRA and Early Retiree Participants and their Dependents

The Trustees of the Cement Masons and Plasterers Health & Welfare Plan are pleased to announce that new health benefits are being added to the Plan, effective September 1, 2023.

Beginning September 1, 2023, Active, COBRA, and non-Medicare Retirees and their non-Medicare dependents can visit Vera Whole Health Care Centers. Vera Whole Health Care Centers provide advanced primary and preventive care for you and your family (ages 3+). Visits to Vera Whole Health Care Centers are **not** subject to deductibles, copays or coinsurance.

Additionally, beginning September 1, 2023, you will have access to a Plan-specific healthcare app called Castlight. Castlight allows participants to search for providers, view claims, and speak with Castlight Care Guides to get help finding care.

Regular visits with a primary care provider help you and your family *get healthy* and *stay healthy*. Vera Whole Health makes it easy with convenient visit options (in-person, over the phone, or online), longer appointment times, and more. The Castlight app also has all the tools you need to stay on top of your care, right from your smartphone.

Here are some ways you can use your new Vera and Castlight benefits:

- **Preventive Care** – Checkups, screenings, immunizations, well-person exams, family planning.
- **Chronic Disease Support** – Help with conditions like diabetes, hypertension, and depression.
- **Acute Care** – Same or next-day care for coughs and colds, wound care, sprains and strains, rashes, UTIs, back pain, etc.
- **Health Coaching** – Empathetic coaches who provide accountability to help you reach your goals.
- **Additional Care Services** – On-site labs, vaccinations, travel medicine, and specialty care coordination.
- **Digital Tools** – Find your closest Vera provider, review your benefits, and access claims and your insurance card.
- **Care Guides** – Talk to experts on your healthcare benefits and get help finding care .

On September 1<sup>st</sup>, you will have access to multiple convenient Vera Care Centers in your area. Vera Care Centers are not yet available in all geographical locations at this time. You can pre-book appointments for yourself and your family starting August 21.

Snap the QR code below to take a look around one of their locations.



**P.S. – The Vera and Castlight team will be onsite at the Union meeting on August 1. Be sure to stop by their table to learn more about these new benefits and meet the team.**



# Puget Sound Vera Care Centers

## Central Everett

4933 Evergreen Way  
Everett  
(425) 903-3070

### Care Center Hours

Mon: 7:00 am-4:00 pm  
Tue: 7:00 am-4:00 pm  
Wed: 8:00 am-6:00 pm  
Thu: 8:00 am-6:00 pm  
Fri: 8:00 am-3:00 pm

## Totem Lake

13123 121st Way  
Suite D  
Kirkland  
(206) 470-1925

### Care Center Hours

Mon: 6:00am-5:00pm  
Tue: 6:00am-5:00pm  
Wed: 8:00am-6:00pm  
Thu: 8:00am-6:00pm  
Fri: 8:00am-5:00pm

## Sand Point

4540 Sand Point Way NE  
Suite 100  
Seattle  
(206) 575-8880

### Care Center Hours

Mon: 6:00am-6:00pm  
Tue: 8:00am-6:00pm  
Wed: 6:00am-6:00pm  
Thu: 8:00am-6:00pm  
Fri: 6:00am-6:00pm

## Minor & James

515 Minor Avenue  
Suite 205  
Seattle  
(206) 470-1860

### Care Center Hours

Mon: 7:00am-4:00pm  
Tue: 7:00am-6:00pm  
Wed: 7:00am-4:00pm  
Thu: 7:00am-4:00pm  
Fri: 7:00am-4:00pm

## Fort Dent

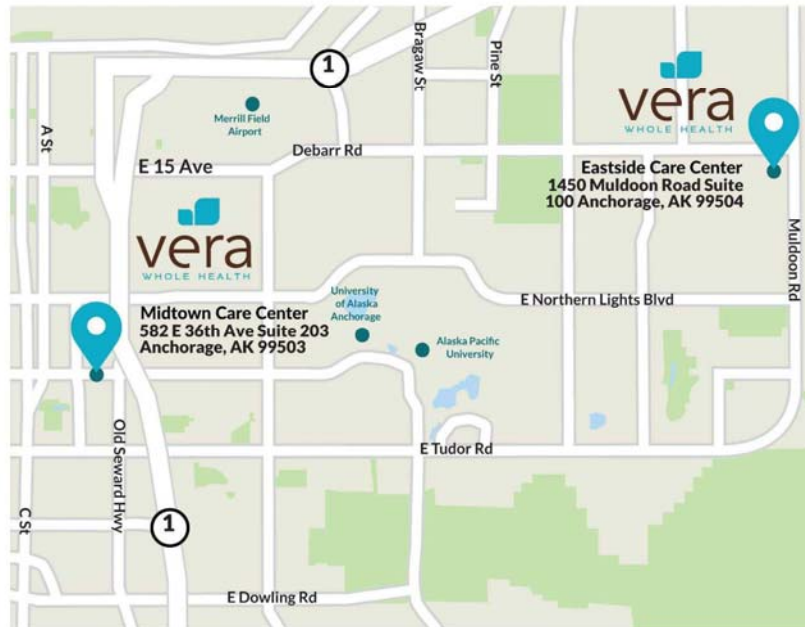
6700 Fort Dent Way  
Suite 100  
Tukwila  
(206) 337-6080

### Care Center Hours

Mon: 8:30am-6:00pm  
Tue: 8:30am-6:00pm  
Wed: 8:30am-6:00pm  
Thu: 8:30am-6:00pm  
Fri: 8:30am-6:00pm



# Vera Care Centers - Anchorage



## Eastside Anchorage

1450 North Muldoon Road  
(907) 313-7550

### Care Center Hours

Mon: 8:00 am-7:00 pm  
Tue: 8:00 am-7:00 pm  
Wed: 8:00 am-7:00 pm  
Thu: 7:00 am-6:00 pm  
Fri: 7:00 am-6:00 pm

## Midtown Anchorage

582 East 36th Avenue  
(907) 302-4950

### Care Center Hours

Mon: 8:00am-7:00pm  
Tue: 8:00am-7:00pm  
Wed: 8:00am-7:00pm  
Thu: 8:00am-7:00pm  
Fri: 6:00am-5:00pm