

# NOTES

- MEDICAL BENEFITS •
- DENTAL BENEFITS •
- MEMBER ASSISTANCE PROGRAM •
- PRESCRIPTION BENEFITS •
- VISION BENEFITS •
- ACCIDENT/SICKNESS BENEFITS •

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## WELLNESS RESOURCES

**Kristin Woodruff**  
**Health Coach**

781.496.5715 or 781.272.1000 x577  
KWoodruff@MLBF.org

Massachusetts Laborers' Benefit Funds  
PO Box 1501  
1400 District Ave, Suite 200  
Burlington, MA 01803-1501

**781.272.1000**  
Claims **x202**  
Eligibility **x201**  
Pension & Annuity **x150**  
Dashboard **x548**

claims@mlbf.org

### BACK OR JOINT PAIN

At home exercise program as an alternative to physical therapy.

### DIABETES MANAGEMENT

FREE meter, FREE education in nutrition, activity, diabetes self-management.

### DIABETES PREVENTION

Reimbursement towards diabetes prevention programs.

### CANCER CASE MANAGEMENT

Collaboration with medical team, education and support for patient and family.

### MATERNITY MANAGEMENT

Support and resources as you grow your family.

### HEALTH COACHING

- Education related to health conditions.
- Setting realistic and achievable goals.
- Support making lifestyle changes, not quick fixes.
- Accountability to stay on track.

### PREVENTIVE CARE

Annual recommended screenings and immunizations covered at 100%.

### COMPLEMENTARY AND ALTERNATIVE MEDICINE

Reimbursements for massage, acupuncture, chiropractic medicine.

### FITNESS REIMBURSEMENT

Up to \$150 per calendar year.

### QUIT SMOKING

Dedicated smoking cessation coaching, medication coverage.

### RECOVERY SPECIALISTS

Support for members and families struggling with substance abuse.

### WEIGHT LOSS

Personalized guidance and resources for healthy and sustainable weight loss.

