

NOTES

- MEDICAL BENEFITS •
- DENTAL BENEFITS •
- PRESCRIPTION BENEFITS •
- VISION BENEFITS •
- ACCIDENT/SICKNESS BENEFITS •



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 use.

WEIGHT LOSS

Personalized guidance and resources for healthy and sustainable weight loss.

