



a VOICE for working America

**UFCW Union and Participating Food Industry  
Employers Health and Welfare Fund**



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*Have you heard about the most popular new benefit being offered through medical plans: **Zero Copay Telemedicine and Zero Copay Teletherapy!** Our Fund is rolling out this new benefit to **participants with medical coverage AND their eligible dependents effective April 7, 2020** through BMR and MeMD, third party vendors engaged by the Fund to administer this benefit. **See below for details!***

**Dear Participant:**

We're pleased to announce the inclusion of **Telemedicine** and **Teletherapy** services to your benefits coverage offered under the **UFCW and Participating Food Industry Employers Health and Welfare Fund**

### **Urgent Care Telemedicine by MeMD**

Provides on-demand, 24/7 access to voice or video calls with state licensed healthcare providers. Private and discreet, the service is accessible anytime you or your eligible dependents need medical treatment or advice. In addition to diagnosis and treatment for common illnesses and injuries, you can have them review lab tests, provide a second opinion and, where permitted by law, issue prescriptions.

### **Teletherapy by MeMD**

The behavioral health Teletherapy service makes it super easy to receive therapy from the privacy and comfort of your own home. All therapists are licensed professionals who can provide care for many of the most common health concerns including stress, anxiety, addiction, parenting, performance coaching, relationships, ADHD, eating disorders, grief, loss and many other conditions.



You can access your new benefit by browser or telephone.

**By Browser**

[www.UFCWHW>YourBMRBenefits.com](http://www.UFCWHW>YourBMRBenefits.com)



**By Phone**

**(855) 229-3159**



Register for online access to benefits  
[www.UFCWHW>YourBMRBenefits.com](http://www.UFCWHW>YourBMRBenefits.com)



Open your browser and go to:  
[www.UFCWHW>YourBMRBenefits.com](http://www.UFCWHW>YourBMRBenefits.com)  
and click 'Activate Account'

**UFCWHW**

Enter **UFCWHW** as your **Group Validation Code**, and follow the prompts



Talk to a provider by phone or video 24/7 anytime, anywhere\*

\* USA only, video subject to state regulations



Get a diagnosis, treatment, and prescription when needed  
(prescriptions subject to state and federal regulations)



Avoid the potential high costs and long wait times of the ER when it's not an emergency

This new benefit is available to **participants with medical coverage** and their eligible dependents **effective April 7, 2020.**

Both services can be used in your home state or while visiting other states. We hope you find these new benefits convenient and useful. With Telemedicine and Teletherapy, we are reinforcing our ongoing commitment to putting our participants first and delivering new ways to make high-quality care affordable and accessible.

***The Board of Trustees of the UFCW Union and Participating Food Industry Employers Health and Welfare Fund***

Should you have any issues accessing the Telemedicine website or any other access issues please contact the Fund Office.

Please stay tuned for additional notices and information regarding this new benefit.