

BEYOND THE BLUEPRINT

CARPENTERS MEDICARE EDITION

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WELLNESS CENTER MEDICARE COVERAGE

As of **June 1, 2026**, Carpenters' Medicare Advantage Plan participants and their families covered under UnitedHealthcare can use Carpenters health and wellness centers for **FREE**.

What does this mean for you?

If you are covered under the UnitedHealthcare Group Medicare Advantage PPO Plan, you have access to the St. Louis and Kansas City Carpenters Wellness Centers. In addition, if you are traveling to our Northern Region, you may visit any of the health centers in the Northern MACRC region, too!

In this issue

- Health & Wellness Centers
- Colon cancer screenings
- Mental Health support
- UHC Discount Program
- Health Fairs
- Wellness corner
- Upcoming events

LOCATIONS

Carpenters Wellness Centers

St. Louis	314.955.9355
Kansas City	816.884.9355

 laborfunds.org/wellnesscenters



Northern Region Health Centers

Carpenters Center for Health, Lisle	312.337.4150
MCL Health Centers	
Elgin	847.450.6057
Grayslake	847.665.9552
Joliet	815.265.6062
Northbrook	847.402.2300
Utica	815.310.5750

 members.premisehealth.com/macrc

In all centers, services include medical, chiropractic, physical therapy, and behavioral health. Vision services are available in St. Louis, Kansas City, and Lisle, as well. Learn more about all services available at any of our health and wellness centers through the website links provided on this page.

We can't wait to help meet your healthcare needs at one of our centers soon!

UNITEDHEALTHCARE® (UHC) R E S O U R C E S

Peace of Mind: Colon Cancer Screenings

When it comes to colon cancer screening, having reliable information can go a long way toward putting your mind at ease.

Did you know?

- ♦ Regular screenings can help detect cancer early when treatment may be easier and more effective.
- ♦ Screenings are considered preventive care for those at average risk and are covered by your health plan.
- ♦ Screenings may help find precancerous growths called polyps.

Colon cancer screening includes at-home tests. Talk to your provider about what's right for you.

Mental Health Support

Your **mental health** is important. As a UnitedHealthcare® member, you have access to many resources to help improve your emotional and mental well-being, including:

Mental health virtual visits

- ♦ Connect with a mental health professional on your computer, tablet or smartphone.
- ♦ Visit myuhcmedicare.com/virtualvisits to choose a provider for care, including help with depression, anxiety and substance use.

More options for care and support

Optum Behavioral Health has 87,000+ network providers offering inpatient and outpatient services, including therapy, assessments and medication management.

To get started: Call the behavioral health number on your UHC ID card or visit your member website and choose Virtual Behavioral Health Care.



UNITEDHEALTHCARE® DISCOUNT PROGRAM

As a plan member, the discount program helps you save on products and services like:

- ➔ Meal Plans
- ➔ In-home personal care
- ➔ Blood pressure monitors and cuffs
- ➔ Dental Services
- ➔ Vision Services
- ➔ Fitness Gear
- ➔ and more!

How it works

1. To access all of the discounts mentioned above, visit uhcretireediscounts.lifemart.com or log into your health plan website and look for Discount Programs on the home page.
2. Enter your email address to sign up and access your discounts.
3. Select any discount to view the details and instructions. (You may be redirected to that company's website and additional registration requirements may apply.)

Questions? We're here to help.

UHC HEALTH PLAN CUSTOMER SERVICE

- 🌐 Visit retiree.UHC.com
- 📞 Call **1 (800) 758.4885**, TTY **711**
- 📱 Scan the **QR code** to access your Virtual Education Center.



SAVE THE DATE: 2026 HEALTH FAIRS

To learn more about our health fairs, check out **Upcoming Events** on this page, and visit our website for details. Signups will begin in July for all events.

macbenefits.org/health-fairs



WELLNESS CORNER

June's wellness focus highlights **Alzheimer's and Brain Health Month**, a special time to focus on brain health, early detection, and support those affected by Alzheimer's disease.

Did you know?

55M people worldwide have Alzheimer's or another form of dementia; 7 million Americans.

40% of dementia cases may be linked to daily habits we can control, such as exercising our body and mind.

Early signs to watch for

Detecting signs early may give families more time to plan and explore treatment options:

- * Memory loss or misplacing items
- * Trouble planning or solving problems
- * Mood changes
- * Difficulty judging distance or space

UHC offers programs and opportunities for member to engage in their own health and wellbeing! Join the movement!

Active engagement for brain health

Men's Health Webinar	Jun 24
Mindful Meditation	Wednesdays @ 11a
Move & Flow Dance Classes	Jun 23
Fitness with Meredith	June 16

Visit www.letsmovebyUHC.com to see all class options, sign up for Let's Move activities, and to explore UHC program resources.

📅 UPCOMING EVENTS

Carpenters Medicare Zoom Session	July 21
Kansas City Health Fair & Picnic	Sep 19
DIC-Kansas City Mammography Van	Sep 22
St. Louis Health Fair, Siteman Mammography Van & Picnic	Sep 26
Lisle Health Fair	Oct 10

Find out more: laborfunds.org/events





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St Louis, MO 63139

Address Service Requested

*Providing benefit news to participants and dependents covered under the
STLKC Southern Region of the Mid-America Carpenters Regional Council*



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