



# FUNDamentals

February 2007

The newsletter from your Wisconsin Health Fund  
PO Box 601 Milwaukee WI 53201

Union Trustees  
Page 2

From the Dentist  
Page 3

Triage Nurses  
Page 3

Prescription  
Refill Line  
Page 3

Heart Healthy  
Wordsearch  
Page 3

Holiday Schedule  
Page 4

Remember to notify  
WHSF if you have a  
change of address,  
phone number, or  
other insurance  
coverage

## OUR MISSION

Enriching lives  
through progressive  
benefits,  
compassionate care,  
and exceptional  
service.

### **Looking back on 2006...**

2006 marked another great year for Wisconsin Health Fund as its' membership enjoyed maximum return on their healthcare dollars. Throughout last year, WHF served over 8,900 members from approximately 163 participating employer groups in over 10 different local unions. The Fund has paid out just under 150,000 claims within 2 provider networks that provide access to more than 1,000,000 providers throughout America. Members filled about 143,000 prescriptions with almost 63,000 filled on-site at the Fund's Pharmacy. The on-site Medical and Dental Centers, with over 90 health care professionals on staff, performed roughly 91,000 procedures.

The staff at WHF takes great pride in meeting your healthcare needs. It was the employees that developed the Fund's mission statement: "Enriching lives through progressive benefits, compassionate care, and exceptional service." We are passionate about our mission and look forward to 2007 and beyond as we strive to make you as proud of this organization as we are.

### **Benefit Enhancement**

Beginning in March, Wisconsin Health Fund will be introducing a new Employee Assistance Program. The program provides professional support services designed to help you and your family cope with a variety of personal and career-related issues such as:

- ◆ Stress/Anxiety
- ◆ Parenting
- ◆ Aging
- ◆ Grief
- ◆ Finances
- ◆ Depression
- ◆ Relationships
- ◆ Marriage
- ◆ Workplace Concerns
- ◆ Alcohol/Drugs
- ◆ Legal
- ◆ Family

Services are confidential and accessible 24 hours a day at no out-of-pocket cost to you. We are pleased to offer our members more support in dealing with today's hectic lifestyles. To access these services, contact HMC at 1-866-262-6788.

Welcome New  
Physicians:

Jocelyn Eiche, M.D.  
Rebecca Lawrence, M.D.  
OB/GYN

Antoni Gofran, M.D.  
Endocrinology

Ruchir Agrawal, M.D.  
Allergist

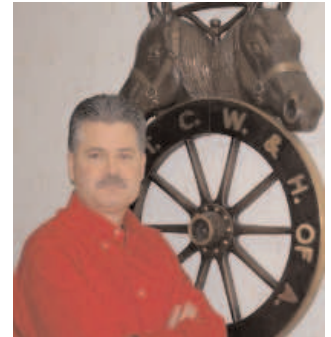
Massage Therapy  
Sheila Lundholm,  
C.M.T.

# Union Trust Seats



**Wayne Schultz** - was appointed Secretary-Treasurer of Teamsters Local 695 on February 1, 2006 after 13 years serving as Business Representative in Madison. Wayne has been a Teamster for 26 years starting at Fort Transportation in Fort Atkinson. Wayne has been serving on WHF's Board as a Union Trustee since March 2006. Wayne is the Central Region Director of the International Brotherhood of Teamsters - Food Processing Division and Union Trustee for Banquet Foods Pension Fund. He is also Recording Secretary for Joint Council 39 and is Joint Council Committee Chairman for Food Processing in Wisconsin. He resides in Fort Atkinson with Cindy his wife of 35 years and is the proud father of three and grandfather of three.

**Tom Millonzi** - is a 29-year Teamster, beginning his career with Advance Transportation. He was a Local 200 organizer and Business Representative and became Secretary-Treasurer as of January 1, 2007. Tom was also an organizer with Joint Council 39. Tom resides in Wind Lake, Wisconsin with his wife of 22 years, Christine. They have one son, Mario who is presently attending UW Platteville.



**Tom Bennett** - was recently elected President of Teamsters Local 200. Tom has been a member of Teamsters Local 200 for 15 years, with most of those years at The Price Erecting Company of West Allis, Wisconsin. Tom has been active in the transportation and construction industries by attending trade educational classes with organizations such as Specialized Carriers and Rigging Association, AGC, Wisconsin Motor Carriers Association, and OSHA among others. Coming from the field as a Rank and File member, Tom looks to that background to build on areas of development for the membership of Teamsters Local 200.

**Michael Egan Sr.** - is currently employed at USF Holland for the past 15 years, and prior to that he was with Middlewest Freightways for 2 years. Michael is married to his wife Jane of 31 years and they have five children Stephanie, Kelly, Mike Jr., Garrett, and Caitlin Rose and one grandson, Owen.



**GREAT NEWS FOR MEMBERS!! WHF is excited to announce stress testing for your co-pay! To take advantage of these savings you must call the Medical Center for a referral at (414) 771-5600 ext. 681, and we will direct you to the proper facility and be sure you have the appropriate referral paperwork to receive the co-pay discount. Please keep in mind, for tests that cannot be scheduled with these contracted providers, services will not be available for your plan co-pay.**

**For those of you that have not yet used the on-site facilities or have questions on how to take advantage of these contracted rates call customer service at (888) 208-8808.**

## From the Dentist

### **This Issue: Heart Health**



**Richard Rittberg  
D.D.S.**

Most patients probably have some awareness of periodontal disease; they've heard about it through their dentist and/or hygienist and know that it is a destructive process which, if allowed to progress, can result in much more than swollen and puffy gums. It can ultimately cause the loss of teeth, as the bony support of the teeth is progressively destroyed by the disease process. While the loss of one's teeth can be devastating in itself, there are other serious concerns regarding periodontal disease.

Patients with advanced periodontal disease have elevated levels of bacteria in their blood; this blood circulates throughout the body and ends up back in the heart. The valves within the heart allow one-way flow of the blood through the heart. If these valves are damaged due to infection they can accumulate blood-borne bacteria and endocarditis (an infection of the inner most layers of the heart) may occur.

There is increasing evidence that patients with periodontal disease may have an increased risk for cardiovascular conditions such as heart attack, stroke and coronary artery disease.

Once again, the best defense is prevention. See your dental health professional on a regular basis and maintain the health of your mouth; you may save far more than your teeth...you may save your own life.

### **Tips for keeping your heart healthy. Can you find all the words in red?**

Words can be forward, backwards, up, down and diagonal

E F S F R U I T S O E M	1) Eat healthy
R P I M A I S T O C O B	2) Exercise
U G R B O T X S S T D A	3) Get plenty of sleep
S E S S E K V I E C T E	4) Manage stress and anger
S P A F L R E G N A C P	5) Visit your doctor
E H R T O E G B P A R C	6) Keep cholesterol levels down
R T O L H X E S V G D I	7) Control blood pressure
P M C T O E T P D E Y S	8) Eat less sodium and fat
D U E S C R A E O T R T	9) Drink less alcohol
O I K G L C B L C E K S	10) Don't smoke
O D O S A I L T T B T H	11) Eat more fiber
L O R E T S E L O H C E	12) Eat fresh fruits and vegetables
B S S T R E S S R N Y S	

Wordsearch answer key can be found on our website: [www.whfund.org](http://www.whfund.org).  
Click on the Feb 2007 FUNDamental, answer key is the last page

### Prescription Refill Line

Please call the prescription renewal line two weeks before your prescription runs out. You can avoid going through the operator by dialing direct: 414-479-3690. Simply follow the directions for the information needed. This line is checked frequently throughout the day. If the information you leave is complete, we will not need to return your call. Remember that your physician may not be here everyday, so there may be a delay in renewing your prescription until your physician returns to the clinic.

### Health Care Center introduces Triage Nurses

What does this mean you? As a patient?

A Triage Nurse will allow the Health Center to effectively and efficiently assess your specific health care needs. When you call the clinic with a healthcare concern you will speak one on one with an experienced registered nurse who will help determine your individual needs and direct you to the most appropriate department. The Triage Nurse may offer home healthcare instructions, prepare your chart for a doctor's return call, assist in appointment scheduling, or speak with your doctor directly and ultimately steer you towards the proper service.

The presence of nurse triage allows the rest of the nursing staff to assist physicians and meet the needs of the patients currently being treated. There may be times when the Triage Nurse is addressing another patient's concerns at which time you will get an opportunity to leave a voice mail. Depending on the nature or urgency of your call it will be returned as promptly as possible. Should you feel your call is urgent, dial "0" to be redirected to an operator who will direct your call to another nurse or physician. As always, if you are calling with a life-threatening emergency, hang up and dial 911.

Your health is our top priority and the implementation of a Triage Nurse will help us continue to deliver you the very best in healthcare.

## Wisconsin Health Fund FUNDamentals

PO Box 601  
Milwaukee, WI  
53201

(414) 771-5600  
or Toll-free  
(800) 524-3538

WHF Customer  
Service  
(888) 208-8808

WHF On-line  
[www.whfund.org](http://www.whfund.org)

Schedule a private tour by calling Director of Member Services Gail Stelmaszewski at (414) 479-3693  
The WHF Medical Center is conveniently located at 6200 W. Bluemound Rd. in Milwaukee. Bluemound Rd. is one half mile north of I-94.



### 2007 Holiday Schedule

- Good Friday** - Friday, April 6th - Administration and Benefit Departments Closed at Noon
- Memorial Day** - Monday, May 28th - Closed
- Independence Day** - Wednesday, July 4th - Closed
- Labor Day** - Monday, September 3rd - Closed
- Thanksgiving** - Thursday, November 22nd - Closed
- Day after Thanksgiving** - Friday, November 23rd - Administration and Benefit Departments Closed
- Christmas Eve** - Monday, December 24th - Closed at Noon
- Christmas Day** - Tuesday, December 25th - Closed
- New Year's Eve** - Monday, December 31st - Closed at Noon
- New Year's Day** - Tuesday, January 1st 2008 - Closed



