

Spring 2008 Newsletter



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NEW MANULIFE DRUG CARDS

Members in benefit levels 02, 03 & 04 should have received their new Manulife drug cards in the mail. The drug card has your new ID number on it, and replaces your old drug card. As your old drug card has your social insurance number as your ID number, it will no longer be valid. . Please cut up and dispose of all your old drug cards accordingly. **Do not forget to give your Pharmacist your new drug card or your drug claims will be denied.**

You will also note that your new drug card does not have the name(s) of your dependant(s) on it, although you will still receive multiple cards for your dependant(s). Eligible dependants should use the cards with the plan members' name on them when filling their prescriptions. Also, there is no longer an expiry date listed on your drug card, in order to guarantee overage dependants receive coverage for as long as they are eligible, it is still the plan member's responsibility to make sure that their information is up to date with the Fund office.

Your Dentist will also require your new ID number, so ensure that you have instructed them that your ID number has changed or your dental claims will be denied. You will also need to use your new ID number for all medical claims that you mail into Manulife whether they were from the 2007 or 2008 plan year.

If you have any questions regarding your new ID number, drug card, or wish to confirm that your dependants are on your plan, please contact Leta Labiuk, Plan Administrator at 1-866-366-9667 or 778-329-4455.



DON'T FORGET !



As the month of May has already begun, so has the new 2008 plan year. For those members who qualify for extended benefits, there are a number of things that you can do to help to ensure that your claims get paid in a timely manner:

Provide all information clearly: the information must be clear and legible. Please PRINT, rather than write the information.

Attach all receipts: Claims cannot be considered or paid without supporting documentation. Attach copies of all receipts of health expenses for which you are making a claim. If the claim has been submitted to another insurer as well (i.e. your spouse's group plan), please attach a copy of the other insurers payment details (explanation of benefits), plus any receipts or documentation.

Remember to include important plan information: It is important that you accurately complete the following information in the appropriate areas of the claim form, so that Manulife can ensure you receive your benefit payment quickly and accordingly to your benefit plan. Missing or incomplete information may result in claims payment delays or inaccuracies.

Plan Sponsor Name: Our plan sponsor name is: IATSE Local 667/669 Health & Welfare Fund, this is the organization through which you receive health care benefits.

Policy Number: Our policy number is 4524, this is the number that identifies your plan sponsor.

Plan Member ID Number or Certificate Number: In the past your ID number was your social insurance number, as of April 1, 08 this has changed, and now your ID (certificate) number has been given to you by the Fund office. This number now also appears on your new drug cards which you may have already received. If you do not know, or have misplaced your new ID number please contact the Leta Labiuk, Plan Administrator at 1-866-366-9667 and she will be able to give it to you again.

Dependent Information: If the claim is for your dependent, it is important to include name, date of birth, and when applicable, the name of your spouse's insurance company, contract number and certificate number. If your claim is for a dependent child student 18 or older, also include the child's school.

Your Name and Address: Use your preferred mailing address.

Health Spending Benefit: If you qualified for a health spending benefit, and wish to have any excluded funds taken from your spending account you MUST check off the box on the claim form that indicates that you want to be reimbursed for any unpaid portion of the claim.

You can obtain new claims forms for health and dental off the health & welfare website. The forms are in a .pdf file that you can download, fill out partially online and print and sign. If you do not have a computer please contact the Plan Administrator or Mary Miskic, Benefits Coordinator at 416-368-0072, and they will be happy to put hard copies in the mail for you. The health & welfare website address is: www.iatse667-669healthplan.com.

SMOKING

Have you thought about quitting smoking in the past? Do you plan on trying to quit smoking in the future? Here are a list of websites and toll-free help lines about with useful information, resources and tips for those looking to quit smoking.

CESSATION

Smokers who are thinking of or in the process of quitting smoking can contact specialists in their region for advice, information and support.

RESOURCES

NATIONAL

www.gosmokefree.ca

www.smokershelpline.ca

www.itscanadastime.com

ALBERTA

1-866-455-2233

www.albertaquits.ca

BRITISH COLUMBIA

1-877-455-2233

www.quitnow.ca

MANITOBA

1-877-513-5333

NEW BRUNSWICK

1-877-513-5333

NOVA SCOTIA

1-877-513-5333

ONTARIO

1-877-513-5333

www.smokershelpline.ca

www.teleassistancepourfumeurs.ca

www.CNSH.ca

QUEBEC

1-866-527-7383

www.jarrete.qc.ca

NEWFOUNDLAND & LABRADOR

1-800-363-5864

www.smokershelp.net

NUNAVUT

1-866-877-3845

PRINCE EDWARD ISLAND

1-888-818-6300

SASKATCHEWAN

1-877-513-5333

YUKON

1-866-221-8393



BISPHENOL A

FACT SHEET

Bisphenol A (BPA) is an industrial chemical used to make a hard, clear plastic known as polycarbonate, which is used in many consumer products, including reusable water bottles and baby bottles. Bisphenol A is also found in epoxy resins, which act as a protective lining on the inside of metal-based food and beverage cans.

The Government of Canada is Taking Action

Canada is the first country in the world to take action on bisphenol A, thanks to our Chemicals Management Plan. This Plan was introduced in 2006 to review the safety of widely-used chemicals that have been in the marketplace for many years, and to update our knowledge and understanding of these chemicals. Based on recent advances in science, we are now aware of potentially harmful effects we could not detect before.

Health Concerns

The preliminary research tells us the general public need not be concerned. In general, most Canadians are exposed to very low levels of bisphenol A and it does not pose a significant health risk.

Our focus now is on the health of newborns and infants under 18 months. Science tells us that exposure levels are below those that could cause health effects, but since they are close to the levels where potential effects could occur, the Government wants to be prudent and reduce exposures further.

Studies have shown the main source of exposure for newborns and infants is from bisphenol A migrating from the lining of cans into liquid infant formula and migrating from the polycarbonate baby bottles into the liquid inside following the addition of boiling water.

Therefore, Health Canada is working with infant formula manufacturers to reduce levels of bisphenol A in the lining of infant formula cans, and encouraging the development of alternatives. As well, if no new information comes forward during the public consul-

tation period, it is our intention to ban the importation, sale and advertising of polycarbonate baby bottles.

Environmental Concerns

Our initial assessment shows that at low levels, bisphenol A can harm fish and organisms over time. Studies also indicate that it can currently be found in municipal wastewater.

We are taking early action to protect the environment from the harmful effects of bisphenol A. We are taking an aggressive and precautionary approach with this new information and will work with stakeholders to find ways to stop bisphenol A from being released into the environment. We will move quickly to determine best practices and take the necessary measures to ensure its safe use and disposal.

Advice for Canadians

Bisphenol A does not pose a risk to the general population, including adults, teenagers and children. Consumers can continue to use polycarbonate water bottles and consume

canned foods and beverages, as the level of exposure from these products is very low.

As well, consumers can continue to use tableware and storage containers made of polycarbonate. If Canadians are concerned about migration of bisphenol A into food as a result of heating in these containers, alternatives, such as those made of glass, are readily available. Other products containing BPA, including electronic devices and sports equipment, do not pose a threat to the health of Canadians

Advice for Parents and Caregivers

- If you continue to use polycarbonate baby bottles, it is recommended that parents and caregivers do not put boiling water in them, as very hot water causes bisphenol A to migrate out of the bottle at a much higher rate.

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- If you are unsure as to whether your bottles are polycarbonate, check to see if the bottom of the bottle has the number 7 in the centre of the recycling symbol. Although the number 7 is a broad category, you can only be sure it is polycarbonate if the number 7 also has a PC beside it. If the bottle does not have a recycling symbol, there is no certain means of identifying whether it is made from polycarbonate or not.
- Water should be boiled and allowed to cool to lukewarm in a non-polycarbonate container before transferring to baby bottles. This advice is consistent with proper instructions for the preparation of infant formula.
- These bottles can be sterilized according to instructions on infant formula labels and can be cleaned in the dishwasher. They should be left to cool to room temperature before adding the infant formula.

- Baby bottles should not be heated in the microwave as the liquid may heat unevenly and can cause burns to your infant.
- Health Canada recommends that breast milk is the best food for optimal growth in newborns and infants. Exclusive breastfeeding is recommended for the first six months of life for healthy term infants with continued breastfeeding for up to two years and beyond.
- If breastfeeding is not chosen, canned infant formula is still the best choice, as the nutritional benefits far outweigh possible risk.
- If parents and caregivers are still concerned about using polycarbonate baby bottles, there are a number of alternative options.

Source: Government of Canada website—Bisphenol A Fact-sheet.

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NOVA SCOTIA PHARMACARE PROGRAM

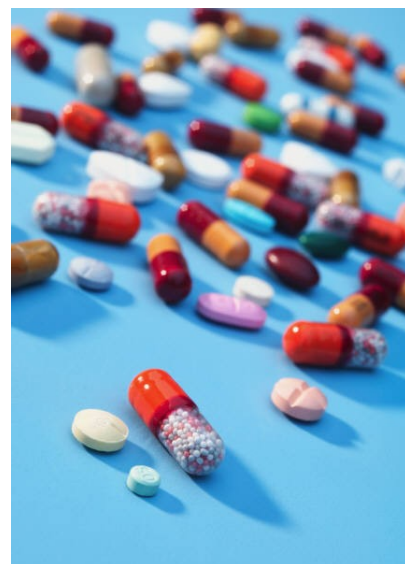
Please find below information about the Nova Scotia Pharmacare program for those of you who are not familiar with it. I'm also attaching a booklet from the Pharmacare website for your information.

The government of Nova Scotia has introduced a new Family Pharmacare Program to assist Nova Scotians who are currently uninsured, under-insured or who have high drug costs. The program, effective March 1, 2008 is designed to provide the greatest benefit to low-income families and will be the payer of last resort. There is no impact on private plans since private insurers continue to be the first payer. This means Manulife will continue to be first payer if you currently have prescription coverage. All existing drug programs in the province remain unchanged.

The Nova Scotia Family Pharmacare Program will provide plan members who have registered, and have out-of-pocket drug expenses, the opportunity to receive maximum financial assistance. Plan members whose drug costs are high, and whose private coverage doesn't provide full reimbursement (or alternatively, if a drug is not covered under their plan but is eligible under the Pharmacare Program) can submit any balance to the provincial program, and this will count towards their Family Pharmacare deductible.

Please retain copies of your receipts and your explanation of benefits (EOB) statements from Manulife (and any other private insurance carrier) so that you can submit any balance to the provincial plan. Balances not paid may be applied towards your Family Pharmacare deductible, of which a portion will be paid once your Pharmacare deductible has been met.

More information on the Nova Scotia Family Pharmacare Program can be found by visiting www.nspharmacare.ca or by calling toll free 1-877-330-0323 if you are calling within the province (1-902-496-5667) if you are calling outside Nova Scotia.



Recommendations for the Appropriate Use of Cough and Cold Products in Children

OTTAWA - Concerns have been raised regarding the safety of "over-the-counter" (non-prescription) cough and cold products in children. Health Canada is advising consumers on the appropriate use of these products, including drugs and natural health products, particularly in children under 2 years of age. Life-threatening adverse events, including unintentional overdose, have been reported to Health Canada in association with the use of these products in children under 2 years of age.

There are more than 700 authorized non-prescription cough and cold products marketed in Canada. The Department is in the process of determining if the labelling of these products is sufficient to ensure that parents, caregivers and prescribers have all the information needed to make an informed decision concerning the safe use of these products.

Before using over-the-counter cough and cold remedies in children under 2 years of age, Health Canada urges caregivers to consult a healthcare practitioner to assure that their use is safe and appropriate. In addition, Health Canada strongly advises parents and caregivers to carefully read the labels and instructions for these products and to check the medicinal ingredients before giving them to any child, especially under the age of 2. Many of these products contain the same medicinal ingredient(s), and giving more than one product with the same ingredient or multiple doses of the same product could lead to an overdose.

Special attention should also be given when using cough and cold products at the same time as medications sold over the counter to control fever (for example, acetaminophen or ibuprofen), in order to avoid exposing children to excessive doses of these medications, since some cough and cold products also contain these medicinal ingredients.

Important Recommendations

Children under 2 years of age

- Do not use cough and cold products, including drugs and natural health products, in children under 2 years of age unless instructed to do so by a healthcare practitioner.
- Even if the cough and cold products are labelled for use in children under 2 years of age (for example, they use the word "infant" in their name or have dosing instructions for infants) it is still preferable to discuss the use of these products with your

healthcare practitioner before giving them to any young child.

Children of all ages

- If it is necessary to give a cough and cold product to a child, make sure that you read all labels and instructions before doing so. If the product does not contain dose information for children, then it should not be used in children.
- Do not give a child a larger dose than is recommended or use the product more frequently than is recommended in the labelling and instructions.
- Take note of the medicinal ingredients in the product, particularly if you may be giving more than one product to a child. Be aware that many products contain the same medicinal ingredient(s) and combined use could lead to overdose. Some herbs

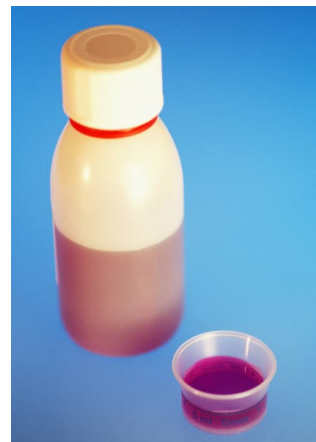
used in cough and cold medications and some over-the-counter medications used to control fever may also have medicinal ingredients similar to those in other cough and cold products.

- Because cough and cold medications often contain multiple ingredients, it is advised not to give more than one cough and cold product to a child.
- Talk to your healthcare practitioner if you have questions about the proper use of these products, dosing and administration information, or the medicinal ingredients in the products you are using.
- There is no cure for the common cold. Children will usually recover from coughs and colds in time on their own. The common cold is a mild, viral infection that can be managed by rest, sufficient fluid intake and comfort measures.
- In young children and babies, it is sometimes important to rule out serious illnesses (for example, pneumonia or other infections) which may present with cold-like signs and symptoms; this is especially important if symptoms persist or if the child's condition deteriorates.
- If you are concerned about the child's health, the child should be brought to a healthcare practitioner for medical evaluation.

Consumers requiring more information about this advisory can contact Health Canada's public enquiries line at (613) 957-2991, or toll free at 1-866-225-0709.

Source: Government of Canada website—Advisory—2007-147
October 11, 2007

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COUGH MEDICINE ADVISORY

HEALTH & WELFARE CONTACT INFORMATION

HEALTH & WELFARE FUND OFFICE

IATSE Local 667/669 H & W Fund
3823 Henning Drive #217
Burnaby, BC
V5C 6P3

Toll-free 1-866-366-9667
Fax: 778-329-4454

Web: www.iatse667-669healthplan.com



Plan Administrator: Leta Labiuk
E-mail: leta@iatse667-669healthplan.com
Phone: 778-329-4455

Benefits Coordinator: Mary Miskic
E-mail: mary@iatse667.com
Phone: 416-368-0072

MANULIFE FINANCIAL

Policy # 4524 ID# = Number Assigned From Fund Office

Claims Offices :

If you live outside Quebec

Manulife Financial Group Claims

Health Claims Dental Claims
P.O. Box 1653 P.O. Box 1654
Waterloo, ON N2J 4W1 Waterloo, ON N2J 4W2

1-800-465-2071

If you live inside Quebec

Manulife Financial Group Claims

Health Claims Dental Claims
P.O. Box 2580, STN B P.O. Box 5000, STN B
Montreal, QC H3B 5C6 Montreal, QC H3B 4B5

1-800-361-2833

FAMILY SERVICES

Confidential counseling is available for everyone. If you need assistance please call:

English: 1-800-668-9920 French: 1-800-561-1128

Web: www.familyservicescap.com

WORLD ACCESS TRAVEL ASSIST

While traveling, plan members can call.....	World Access No. 9994
Toll-free from Mexico	00-1-800-514-3702
Toll-free from the Dominican Republic	1-888-751-4403
Toll-free from other countries that participate in Universal International Toll-Free (UITF)*	800-9221-9221
Toll-free in Canada & US	1-877-252-9857
Toll-free Elsewhere	1-519-742-8073

*Argentina, Australia, Austria, Belgium, Canada, China, Colombia, Costa Rica, Denmark, Finland, France, Germany, Hungary, Ireland, Israel, Italy, Japan, Korea, (South), Luxembourg, Macao, Malaysia, Netherlands, New Zealand, Norway, Portugal, Singapore, South Africa, Spain, Sweden, Switzerland, Taiwan, UK
*Note that this listing is subject to change. For countries that are not reflected on the current UITF, plan members should continue to use the collect number indicated on their benefits card.