

# ILWU-PMA BENEFIT PLANS /

International Longshore & Warehouse Union –  
Pacific Maritime Association [www.benefitplans.org](http://www.benefitplans.org)

1188 FRANKLIN STREET • SUITE 101 • SAN FRANCISCO, CALIFORNIA 94109

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ILWU-PMA Pension Plan  
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan

February 7, 2024

To: ILWU Oregon Locals 04, 08, 12, 21, 40, 50, 53, 92  
ILWU Washington Locals 07, 19, 23, 24, 25, 27, 32, 47, 51, 52, 98

From: Mario Perez, Director of Benefit Plans

**Subject: ILWU-PMA Welfare Plan – Weekly Indemnity Disability Certification**

The attached notice is being sent out to ILWU-PMA Welfare Plan Active Employees, advising them of a change to the Weekly Indemnity Benefit certification process.

Enclosures

cc: Andrea Stevenson, Area Welfare Director  
Martha Hendricks, Area Welfare Director

A copy of this memo can be downloaded at [www.benefitplans.org](http://www.benefitplans.org)

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**To:** Active Longshore Workers covered under the ILWU-PMA Welfare Plan Members in Oregon and Washington

**Re: Weekly Indemnity Disability Certification**

Effective immediately, Weekly Indemnity Disability Claims will require recertification from your provider prior to each payment beyond 90 days. This means that every three months, you will need to submit medical documentation confirming that you have a continuing disability and are under the regular care of a licensed doctor who certifies that you cannot work. The Coastwise Claims Office will provide you with documentation to be completed by your provider.

Additionally, please be advised that Longshore workers are not eligible to collect Weekly Indemnity and Non-Industrial Disability Supplement benefits while simultaneously collecting paid benefits through the states of Oregon and/or Washington.

If you have any questions, please call the Benefit Plans Office at 415-673-8500, or your Area Welfare Director.