

ILWU-PMA BENEFIT PLANS /

International Longshore & Warehouse Union –
Pacific Maritime Association www.benefitplans.org

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ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan

July 2, 2021

TO: ILWU Longshore, Ship Clerk and Walking Boss/Foreman Locals
and ILWU Watchmen Locals 26 and 75

FROM: Mario Perez, Director of Benefit Plans

**SUBJECT: ILWU-PMA Welfare Plan – Coastwise Indemnity Plan
New OptumRx Vaccine Program Effective April 1, 2021**

The enclosed notice and flyer are being mailed to all eligible Welfare Plan members enrolled in the ILWU-PMA Coastwise Indemnity Plan regarding a new OptumRx Vaccine Program effective April 1, 2021.

cc: Area Welfare Directors

Attachment

A copy of this memo can be downloaded at www.benefitplans.org

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**Subject: ILWU-PMA Welfare Plan – Coastwise Indemnity Plan
New OptumRx Vaccine Program Effective April 1, 2021**

This notice applies to all ILWU-PMA Welfare Plan members and beneficiaries enrolled in the ILWU-PMA Coastwise Indemnity Plan.

Effective April 1, 2021, members will be able to obtain routine vaccines such as COVID-19, flu, tetanus, pneumonia, and shingles, through an OptumRx network pharmacy just by showing their OptumRx ID card. Covered vaccinations obtained through this program are covered 100% with no member copayment required. Covered immunizations provided by medical providers will continue to be covered under the Coastwise Indemnity Plan.

The attached flyer provides a list of the retail chain pharmacies in the OptumRx network. For a more complete list, visit www.optumrx.com, or call 800-797-9791.

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

Make your health a priority



Get your flu shot and other routine vaccines

Flu shots

The flu affects millions of people each year and can lead to serious illness, or even death. The flu can be a contagious illness caused by influenza viruses that infect the lungs, throat and nose. According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated each year.¹ The CDC recommends a yearly flu vaccine for everyone six months of age and older, as the first and most important step in protecting against this serious disease.²

Routine vaccines

You can also keep yourself and your family members healthy with routine vaccines that prevent illnesses like tetanus, pneumonia and shingles. Routine vaccines are available on most plans, and can help you and your family maintain better overall health.

Easy access to flu shots and other vaccines

OptumRx contracts with a variety of national pharmacy chains to provide members with easy access to flu shots and other routine vaccines. Plus, members get the highest level of benefit coverage (100% for many plans) for vaccines obtained from contracted pharmacies that participate in the Vaccine Immunization/Injection Network administered by OptumRx.³

Many vaccines can be obtained on a walk-in basis by presenting the OptumRx ID card at the time of service. Members should review their benefit plan to determine coverage for vaccines.



Many vaccines are available on a walk-in basis. Show your OptumRx ID card before getting your flu shot or vaccine. Most OptumRx plans cover routine vaccines at 100% when you use network pharmacies.

See the pharmacy list on page 2.

For more information sign in to **optumrx.com** or call the number on your OptumRx ID card.

Retail pharmacies

This list represents the larger retail chain pharmacies in our network, but is not the full list. For a more complete list, you can log in to [optumrx.com](https://www.optumrx.com) or call the number on your health plan or prescription ID card. Pharmacists administer the vaccines at these locations.

- **Ahold USA** (Giant Food Stores, Giant of Maryland, Stop & Shop, Ukrop's Super Markets)
- **Albertsons**
- **CVS Pharmacy**
- **Four B Corporation** (Hen House, Price Chopper)
- **H-E-B Pharmacy**
- **Hy-Vee Pharmacy**
- **Kmart Pharmacy**
- **The Kroger Co.** (Dillons, King Soopers, Fry's, Fred Meyer, Ralphs, QFC, Harris Teeter, Roundy's, Pick 'n Save, Cops Food Center, Metro Market, Baker's Pharmacy, City Market, Mariano's, Pay Less, Owen's Market, Jay C Food Stores, Gerbes Pharmacy)
- **K-VA-T Food Stores, Inc.** (Food City)
- **Meijer Pharmacies**
- **Publix**
- **Safeway-affiliated pharmacies** (Carrs, Pavillions, Randalls, Safeway, Tom Thumb, Vons)
- **Supervalu-affiliated pharmacies** (Biggs, Osco Drug, Sav-on Drugs, Shaw's Supermarket)
- **Thrifty White Pharmacy**
- **Tops Markets**
- **Walgreens Pharmacy** (Duane Reade, Rite Aid, Walgreens)
- **Walmart Pharmacy**
- **Wegmans**

1. Centers for Disease Control and Prevention. Influenza. [cdc.gov/flu/](https://www.cdc.gov/flu/). Last reviewed July 24, 2020. Accessed July 27, 2020.
2. Ibid.
3. There may be some instances in which a particular location of one of the vaccine providers is not participating in the national OptumRx Vaccine Immunization/Injection Network.

Routine vaccines

Most of the following routine vaccines are available at pharmacies that participate in the Vaccine Immunization/Injection Network administered by OptumRx.

Age restrictions or limitations may apply. Check with your network pharmacy for specific age, flu shot and vaccine requirements.

Flu shots
Flu (Influenza)* Afluria® Quad, Fludax®, Fludax Quad, Fluarix® Quad, Flublok® Quad, Flucelvax® Quad, FluLaval® Quad, FluMist® Quad, Fluzone® HD, Fluzone Quad
Routine adult vaccines
Hepatitis A* (Adult and pediatric) Havrix®, Vaqta®
Hepatitis B* (Adult and pediatric) Engerix-B®, Heplisav-B® (adult only), Recombivax HB®
Human papillomavirus (HPV)* — Vaccine prevents HPV-related cancers Gardasil-9®
Measles, mumps, rubella* MMR-II
Meningococcal* — Vaccine prevents meningitis groups A, C, Y and W-135 Menactra®, Menveo®
Meningococcal* — Vaccine prevents meningitis group B Bexsero®, Trumenba®
Pneumococcal* — Vaccine prevents pneumonia Pneumovax® 23, Prevnar13®
Tdap* — Vaccine prevents tetanus, diphtheria, pertussis Adacel®, Boostrix®
Td* — Vaccine prevents tetanus and diphtheria TdapVAX®, Tenivac®
Varicella* — Vaccine prevents chickenpox Varivax®
Zoster* — Vaccine prevents shingles Shingrix®, Zostavax®

*Vaccine type

Ask your employer or check your plan documents for your plan's specific coverage details.

Not all vaccines on this list are available at all network pharmacies. Contact your local network pharmacy to confirm vaccine availability.



OptumRx is a pharmacy care services company helping clients and approximately 60 million members achieve better health outcomes and lower overall costs through innovative prescription drug benefits services. Learn more at [optum.com/optumrx](https://www.optum.com/optumrx).

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