

# Communications Dashboard (Print) — May 2023

## Print

### Enrollment Event Poster

- [108 OLE Courtyard Boston](#)

### Enrollment Postcards

- [114/115/414 June Chicago annual enrollment](#)
- [114A/414 Hilton Chicago Magnificent Mile](#)
- [376 ISS Guckenheimer at Google](#)

### Other print materials

- [Atlantic City Cancer Screening cards for men](#)
- [Atlantic City Cancer Screening cards for women](#)
- [Atlantic City Cancer Screening poster for men](#)
- [Health Center Info Cards](#)

## HR Benefits Travels to LV

### HR Benefits Roadshow: May 16 – 19, 2023



HR Benefits is heading to Las Vegas—join us!

- New Hire Info Session:**  
Open to all new employees; don't miss the giveaways and raffles
- Benefits Q & A Hour:**  
Drop in with benefit questions; learn about our ADP enrollment portal

**TUESDAY, MAY 16**

**NELLIS BOARDROOM**

- **New Hire Info Session:**  
10 AM and 1 PM
- **Benefits Q & A Hour:**  
11:30 AM and 2:30 PM

**WEDNESDAY, MAY 17**

**DURANGO CLASSROOM**

- **New Hire Info Session:**  
10 AM and 3 PM
- **Benefits Q & A Hour:**  
11:30 AM

**THURSDAY, MAY 18**

**DURANGO CLASSROOM**

- **Fund-wide Fidelity Presentation: "Start, Plan & Manage Your 401k"**  
10 AM and 1 PM
- **Benefits Q & A Hour:**  
11:30 AM and 2:30 PM

**FRIDAY, MAY 19**

**DURANGO CLASSROOM**

- **Benefits Q & A Hour:**  
9:00 AM

Watch your email for more information!

Can't join us? Listen to recorded sessions in the Better Learning Center (BLC).

## Chicago Office Move



The Chicago office moved—we're now on the 4<sup>th</sup> floor!

The Chicago regional office moved from the 8<sup>th</sup> floor to the 4<sup>th</sup> floor, which means we're now on the same floor as the UNITE HERE HEALTH – Health Center (Chicago).

Our updated address is:

**La oficina de Chicago se mudó: ¡ahora estamos en el 4<sup>to</sup> nivel!**

La oficina regional de Chicago se mudó del 8<sup>vo</sup> al 4<sup>to</sup> nivel, lo que significa que ahora estamos en el mismo piso que UNITE HERE HEALTH – Health Center (Centro de salud) Chicago.

Nuestra dirección actualizada es:

UNITE HERE HEALTH  
218 S. Wabash Avenue  
**4<sup>th</sup> Floor (4<sup>th</sup> Nivel)**  
Chicago, IL 60604  
(800) 419-4373 or (855) 386-3889 (TTY)  
[www.uhh.org](http://www.uhh.org)

## Healthier Me/Kaiser



FREE programs to better manage your diabetes!

### Work one-on-one with a Health Promoter!

UNITE HERE HEALTH Health Promoters are trained to help you learn how to manage and live better with diabetes:

- Set—and reach—health goals
- Learn healthy habits
- Get the tools you need to succeed

### Join our Zoom workshops!

Learn more about:

- Meal planning, including counting carbohydrates and reading food labels
- Testing your blood sugar
- Better managing high and low blood sugars
- Controlling your weight

Programs are available in Spanish, English and Chinese.

### SIGN UP TODAY!

Call **(833) 637-3519** or email [fsppromoters@uhh.org](mailto:fsppromoters@uhh.org)

### Meet one of our "Healthier Me" participants



**Henry Hawk, Cook**  
Loyola University Chicago

"Having a Health Promoter in my corner really made a difference in my health journey. She gave me tools that empowered me AND helped me believe in myself. She made sure I had a glucometer and knew how to use it. She also tracked my daily readings and exercise. Her consistent check-ins really helped me stay focused."

Kaiser Permanente is required to safeguard the privacy and security of your information under applicable federal, state, and local health information privacy rules, including (but not limited to) the Health Insurance Portability and Accountability Act of 1996 (HIPAA). If you don't want Kaiser to share your health information with UNITE HERE HEALTH for its Chronic Disease Management (Healthier Me) Program, please complete our "opt-out" form (online at <https://forms.office.com/r/RESRmSCQz3>). We'll stop sharing your health information when we receive your completed form. (Make sure you fill it in completely and accurately or we may not be able to process your request).

## AC Cancer Screening Push



Stay healthy with **FREE cancer screenings!**



- In the United States, **1 in 3 women** will be diagnosed with cancer in their lifetime.
- Screenings increase the chance of finding certain cancers early—when they're small, haven't spread, and might be **easier to treat**.
- The American Cancer Society **guidelines** below are for women who are at average risk for cancer. If you have a family history of cancer, you may need to be screened earlier/more often.

ગુજરાતી માટે સ્ક્રીન કરો



বাংলায় জন্য স্ক্রিনিং করুন



### FREE Cancer Screenings for Women—\$0 Copay

SCREENING	AGE	TEST	HOW OFTEN
Cervical	25 - 65	Primary HPV test or Combo HPV/Pap test	Every 5 years
		Primary Pap test	Every 3 years
Breast All ages: monthly self-exams	40 - 44	Mammogram	Yearly (optional)
	45 - 54	Mammogram van is onsite the 3 <sup>rd</sup> Wednesday of every month. To schedule, call AMI: (609) 677-9729	Yearly
	55+		Every other year (option for yearly)
Colon	45+	Stool-based test	Yearly
		Colonoscopy	Every 10 years
Lung Current/former smokers	50 - 80	Low-dose CT scan	Yearly (must meet specific criteria)
Skin	Adult	Self-exam	Monthly

To make an appointment or for more information, call the Health Center at **(609) 570-2400** or contact your doctor.

## Citizens Bank Park Enrollment



### Enroll or make changes by May 19!

- Visit [uhh.org/enroll](http://uhh.org/enroll)
- Or call our enrollment number: **(833) 569-9638**

Ask your union representative or employer for help.

### Enrolling dependents? What you'll need:

- Marriage certificate (for a spouse)
- Birth certificate (for a child)

Your last day to turn in certificates is **May 19**.

You will be notified if your enrollment is approved. An approved enrollment does not guarantee health coverage. You must meet the requirements for coverage under your collective bargaining agreement, or there must be another written document providing for contributions to be paid to the Fund on your behalf. In addition, you and your dependents must meet the plan's requirements for coverage.

### ¡Inscríbese o haga cambios antes del 19 de mayo!

- Visite: [uhh.org/enroll](http://uhh.org/enroll)
- O llame a nuestro número de teléfono de inscripción: **(833) 569-9638**

Programa a su representante de la Unión o empleador para obtener ayuda.

### ¿Necesita inscribir dependientes? La que necesitará:

- Certificado de matrimonio (para su cónyuge)
- Certificado de nacimiento (para sus hijos)

Su último día para enviar los certificados es el 19 de mayo.

Se le notificará si su inscripción es aprobada. Una inscripción aprobada no garantiza la cobertura de salud. Debe cumplir los requisitos de cobertura según su acuerdo colectivo de trabajo, o debe haber otro documento escrito que estipule que los contribuyentes se pagan al Fondo en su nombre. Además, usted y sus dependientes deben cumplir con los requisitos de cobertura del plan.

### If you have COBRA coverage

You can make changes to your coverage during this open enrollment. Call **(833) 569-9638** for details.

### Si tiene cobertura COBRA

Puede hacer cambios a su cobertura durante esta inscripción abierta. Llame al **(833) 569-9638** para más detalles.

**Notes of Special Enrollment Rights**  
If you choose not to sign up for health care coverage under UNITE HERE HEALTH at this time because you already have other health insurance coverage, you may be able to enroll yourself and/or your dependents at a later time if you lose the other coverage. You may also request special enrollment to enroll yourself and/or your dependents in the UNITE HERE HEALTH plan if you have one of these qualifying life events: a marriage, a divorce, an adoption or placement for adoption of a child under age 18, a child that used to live in a foreign country comes to the United States to live with you, you or your dependent lose eligibility for Medicaid or Children's Health Insurance Program (CHIP), you or your dependent become eligible for state financial assistance under Medicaid or a CHIP to help pay for the cost of UNITE HERE HEALTH coverage. You **MUST** send UNITE HERE HEALTH a request for special enrollment within **60 DAYS** after you lose your other coverage or a qualifying life event happens.

Due to the COVID-19 national emergency, you may have more time.

### Antes de derechos especiales de inscripción:

Si usted elige no inscribirse para la cobertura de salud bajo UNITE HERE HEALTH en este momento porque ya tiene otra cobertura de seguro de salud, es posible que pueda inscribirse usted mismo y/o sus dependientes en otro momento si pierde su otra cobertura.

También puede solicitar una inscripción especial para inscribirse usted y/o sus dependientes en el plan UNITE HERE HEALTH si tiene una de las siguientes situaciones que califican: un matrimonio, un divorcio, una adopción o colocación para adopción de un niño menor de 18 años, un niño que había vivido en un país extranjero llega a los Estados Unidos para vivir con usted, usted o sus dependientes pierden elegibilidad para Medicaid o el Programa de Seguro Médico para Niños (CHIP), usted o sus dependientes pierden elegibilidad para asistencia financiera estatal bajo Medicaid o CHIP para ayudar a pagar el costo de la cobertura de UNITE HERE HEALTH.

Debido a la emergencia nacional por el COVID-19, es posible que tenga más tiempo. Debido a la emergencia nacional por el COVID-19, es posible que tenga más tiempo.

View previous dashboards at [uhh.org/dashboards](http://uhh.org/dashboards)

# Communications Dashboard (Digital) — May 2023

## Digital

### Email performance (past 31 days)

- 701 sends
- 49% open rate
- 9% click rate

### Email and/or text communications

#### Enrollment Emails:

- 108 OLE Courtyard Boston
- 114A/414 Hilton Chicago Magnificent Mile
- 376 Centerplate and Sodexo at SAFE CUCC
- 376 Citizens Bank Park
- 376 ISS Guckenheimer at Google
- 376 The College of William and Mary
- Guaranteed Rate

#### Other Emails:

- Via announcement
- Via error notice

### What's next for June?

- Complete IT phone conversion
- Sendio migration to Hornet Security

## Newsletter



**Action Required**

- [Join a Hornet Security demo and Q&A session](#)
- [Get ready: new email security vendor](#)

**Featured News**

- [Culinary Health Center — Durango celebrates grand opening](#)
- [Operations thanks the Enterprise PMO and IT Development for ongoing collaboration and partnership](#)
- [Mental Health Awareness Month Recap](#)
- [Happy National Nurses Week](#)

**Business News**

- [COVID-19 vaccine mandate lifted](#)
- [Reminder: recommended voicemail script](#)

**Work • Life • Balance News**

- [Work • Life • Balance for the New Fiscal Year](#)

**Employee News**

- [June Service Anniversaries](#)
- [May New Hires](#)
- [May Service Anniversaries](#)

**Gallery**

- [Nurses Appreciation Luncheon — Las Vegas](#)
- [UHH social media gallery](#)

Email us news and suggestions at [communications@uhh.org](mailto:communications@uhh.org). Remember to follow UHH on social media!

[f](#) [in](#) [t](#)

## Mental Health Awareness

**MENTAL HEALTH**  
matters



**2023 Mental Health Awareness Month**



**Take the first steps to mental health with a FREE test.**

An online test (*screening*) is one of the quickest and easiest ways to figure out if you have symptoms of a mental illness.

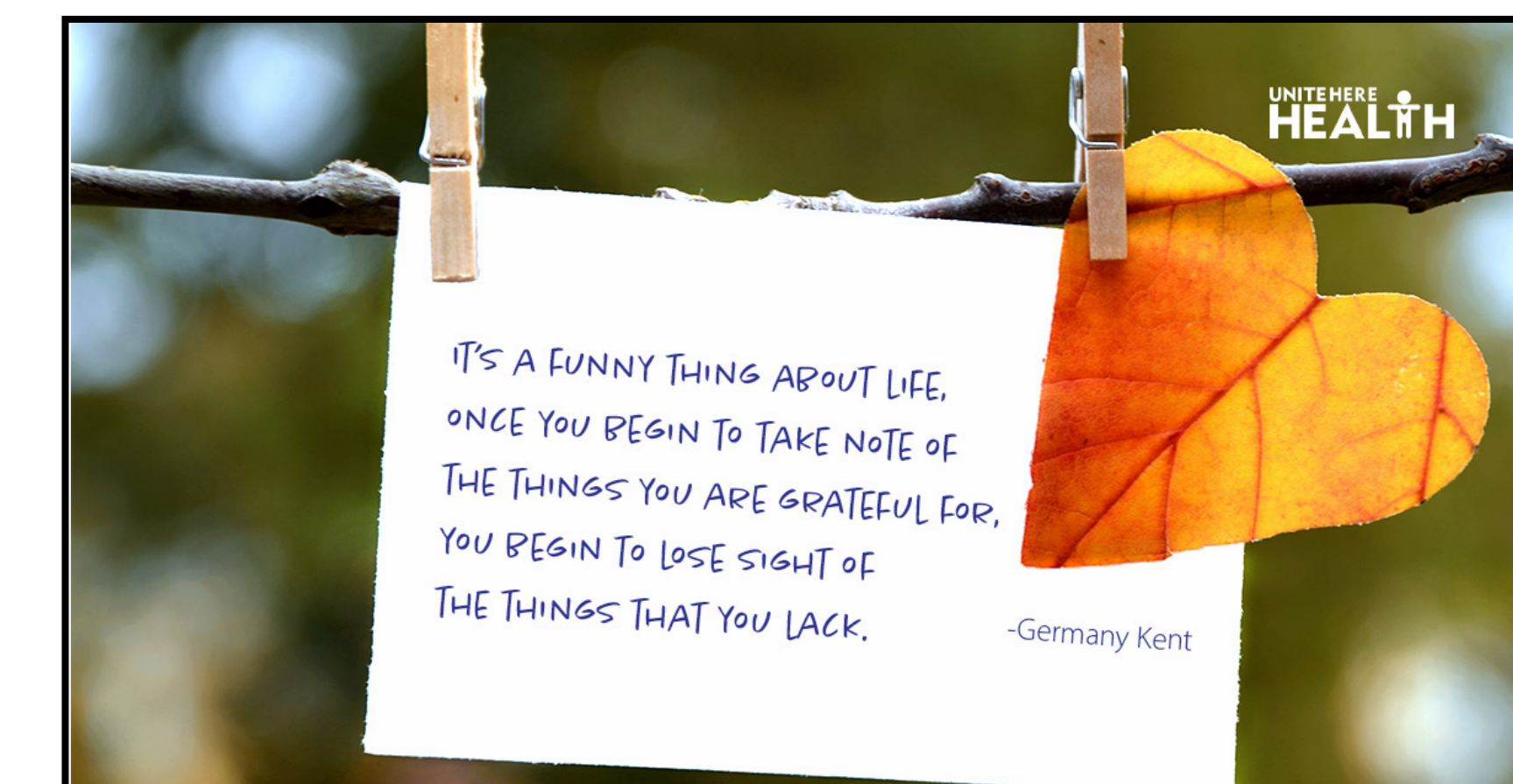
There are tests for depression, anxiety, PTSD, ADHD, bipolar, addiction, eating disorders, parents, youths, and more.

Visit [mhascreening.org](https://mhascreening.org) today. Their free, private tests are the same ones that doctors use.

## Opt-Ins (Totals as of 6/1/23)

Compliance email:	23,212	↓	117
General email:	28,797	↓	213
General text:	33,841	↓	4

## Social Media



View previous dashboards at [uhh.org/dashboards](https://uhh.org/dashboards)