



MASSACHUSETTS LABORERS' HEALTH & WELFARE FUND

Important Information Regarding Changes to your Health Plan

This information is **IMPORTANT** to you and your dependents. Please take the time to read it carefully.

Effective **January 1, 2025**, the following benefit improvement to your health benefits will be implemented:



Massage Therapy: Your massage therapy benefit improved. The Massachusetts Laborers' Health and Welfare Fund will now reimburse 80% of your visit with a licensed massage therapist up to \$100.00 per visit, with a calendar year limit of 12 visits per eligible member or dependent. These visits count towards your complimentary care limit of 40 visits annually under the terms of the Plan. All other terms of the Massage benefit remain the same.

If you have any questions regarding these changes, please call the Fund Office at 781-272-1000, ext. 202.

Para servicios de traducción, comuníquese con la oficina del Fondo al 781-272-1000, extensión 202. Código SMM MESSAGE

Para serviços de tradução, entre em contato com o escritório do Fundo pelo telefone 781-272-1000, ramal 202. Código SMM MESSAGE

In accordance with ERISA reporting requirements, this announcement serves as your Summary of Material Modifications to the Plan. It is intended to be a brief summary of the plan change. It cannot describe each and every Plan provision that may be relevant to your situation. You should always refer to your plan Rules and Regulations for the full details of your Plan. You should keep all Important Plan Benefit Change announcements with your Summary Plan Description, so it contains up-to-date information. Receipt of this announcement does not validate your eligibility under the Plan. You should always call the Fund Office to verify your eligibility prior to any service.