



ILWU-PMA Pension Plan  
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan  
ILWU-PMA Supplemental Welfare Benefit Plan

December 4, 2007

To: ILWU Washington Locals 19, 23, 32, 47, 52 and 98

From: Gail Lorentz, Manager, Welfare Plans

**Subject: First Choice Health Preferred Provider Network Directory**

Copies of the updated First Choice Health Network Preferred Provider directory are being sent to Locals under separate cover by First Choice Health. You may expect delivery the week of December 10<sup>th</sup>. The PPO covers eligible members of the active workforce and pre-Medicare retirees who have ILWU-PMA Coastwise Indemnity Plan Coverage.

In order to confirm that a provider listed in the directory or any other provider is currently a Preferred Provider, members may call First Choice directly at **1-206-292-8255** in Seattle or toll-free at **1-800-231-6935**. Members may also visit First Choice's website at [www.fchn.com](http://www.fchn.com).

Cc: Nick Buckles, Area Welfare Director

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

GL:th/opeiu29aflcio/FirstChoiceHealthPreferredProviderNetworkDirectory-120407