ILWU-PMA BENEFIT PLANS /
International Longshore & Warehouse Union —
Pacific Maritime Association
www.benefitplans.org
1188 FRANKLIN STREET • SUITE 101 • SAN FRANCISCO, CALIFORNIA 94109
PHONE (415) 673-8500
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ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan
ILWU-PMA Watchmen Pension Plan

October 6, 2025

To: ILWU Longshore, Ship Clerk, Walking Boss/Foreman, and Watchmen Locals

From: Mario Perez, Director of Benefit Plans

**Subject: Coastwise Indemnity Plan – Supplemental Summary Plan Description**

An updated Coastwise Indemnity Plan Supplemental Summary Plan Description (CIP SSPD) began mailing last Friday. Included in the packet are also the enclosed cover letter, Summaries of Benefits and Coverage (SBCs), and a list of recently excluded providers. The SBCs and list of excluded providers will be sent out on separate Memos to Ports. A supply of CIP SSPDs will be sent to Union Local offices in the next couple of weeks.

Attachment

cc: Area Welfare Directors

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

MP:st/opeiu29aflcio/MTP CIP SSPD 100325-10062025

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ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan

DATE: September 2025

TO: ILWU-PMA Welfare Plan Participants

FROM: Suzanne Heizer Needham, Executive Director

**RE: ILWU-PMA Coastwise Indemnity Plan Supplemental Summary Plan Description**

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Enclosed is an updated Supplemental Summary Plan Description (SSPD) booklet for the ILWU-PMA Coastwise Indemnity Plan (CIP). This booklet reflects provisions established through the most recent (2022-2028) ILWU-PMA Collective Bargaining Agreements. You are receiving this SSPD because it is important that you know about the healthcare benefits provided to you through the Welfare Plan's CIP.

**What's New? A focus on mental health benefits. Your mental health *matters.***

Lyra Health's national network is a new option for actives and non-Medicare retirees to receive behavioral health services:

- 1-on-1 mental health sessions for you and your family
- Meditations, courses, articles, and more wellness resources
- Dedicated support, anytime day or night
- Providers intelligently matched to your needs

lyra

**Lyra 24-Hour Mental Health Line: (833) 597-2295**

Participants also have access to mental and behavioral health service providers through

| | |
|---|---|
| • Magellan Behavioral Health | *California only* |
| • Blue Shield of California | *California only* |
| • Blue Shield's Blue Card Providers | *Out of State* |
| • FCHN's First Health Network | *Out of State* |
| • First Choice Health Network (FCHN) | *Oregon, Washington, Alaska, Idaho, Montana, North Dakota, South Dakota, Wyoming* |

Please review this booklet carefully and keep it for future reference. If you need a new copy, contact your

- Area Welfare Director,
- Union Local office, or the
- Benefit Plans Office at www.benefitplans.org.

If you have any questions or would like a copy in Spanish, please call the Benefit Plans Office at (888) 372-4598. Si usted tiene alguna pregunta de sus beneficios de salud, por favor llama a nuestra oficina al (888) 372-4598, donde le podremos atender en Español.

Enclosure