ILWU-PMA BENEFIT PLANS /

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

1188 FRANKLIN STREET • SUITE 101 • SAN FRANCISCO, CALIFORNIA 94109

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ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan

ILWU-PMA Watchmen Pension Plan

Date October 16, 2025

To: ILWU Longshore, Ship Clerk, Walking Boss/Foreman, and Watchmen Choice Port Locals in California, Oregon, and Washington

From: Mario Perez, Welfare Plan Director

Subject: Kaiser Strike Notice

The attached notice is being mailed to Participants and beneficiaries enrolled in Kaiser.

Attachment

cc: Area Welfare Directors

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

MP:st/opeiu29aflcio/MTP – Kaiser Strike Notice 101625-10162025

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October 15, 2025

Dear Kaiser Plan Participant:

As you may know, some of Kaiser Permanente's unions representing employees in California, Hawaii, Oregon, and southeast Washington began a 5-day strike yesterday through Sunday, October 19 at 7:00 a.m.

The Benefit Plans Office has been informed by our Kaiser representatives that your health and safety come first:

- Kaiser Permanente's hospitals, emergency departments, urgent care departments, and medical office buildings are **open**.
- Some non-urgent appointments may need to be rescheduled. If you are directly impacted because you have an existing appointment at a facility with strike action, you should have been contacted by Kaiser Permanente to either reschedule or convert your appointment to a virtual visit.
- If you need same-day care, you have 24/7 access to a Kaiser Permanente doctor over video or phone.
- **Southern California**: Some Kaiser Permanente pharmacies will be closed. You should visit **kp.org/pharmacy** to find the closest open pharmacy. Their mail order delivery service is also available to open new nonurgent and refill prescriptions.
- You should have received an email from Kaiser Permanente if you reside in California. We will continue to keep you information as more updates become available.

Another way to stay connected is via the **Kaiser Permanente** app, which gives you a simple, secure way to manage your health. If you live in Washington outside of Vancouver/Longview, then the app is called **Kaiser Permanente Washington**.

We encourage you to download the app and register your account for the most up-to-date information.

We will continue to monitor this situation as it unfolds. Please go to **kp.org/labor** for the most updated information. Should you have any questions or concerns, please feel free to call the Benefit Plans Office at the number listed.

MP:jk/br/opeiu29aflcio/Kaiser Strike Memo 10152025