



ILWU-PMA Pension Plan
ILWU-PMA Welfare Plan

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

November 30, 2006

TO: ILWU Choice Ports 04, 08, 40 and 92

FROM: Gail Lorentz, Manager, Welfare Plans

**SUBJECT: Coastwise Indemnity Plan –
Managed HealthCare Northwest (MHN)
Preferred Provider Directories**

Updated Managed HealthCare Northwest (MHN) Preferred Provider Directories will be sent to Locals the week of December 4, 2006 under separate cover by MHN. 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 MHN toll-free at **1-800-648-6356**. Members may also visit MHN's website at www.mhninc.com.

cc: Ty Gorton, Area Welfare Director

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