



EASTERN ATLANTIC STATES

CARPENTERS BENEFIT FUNDS



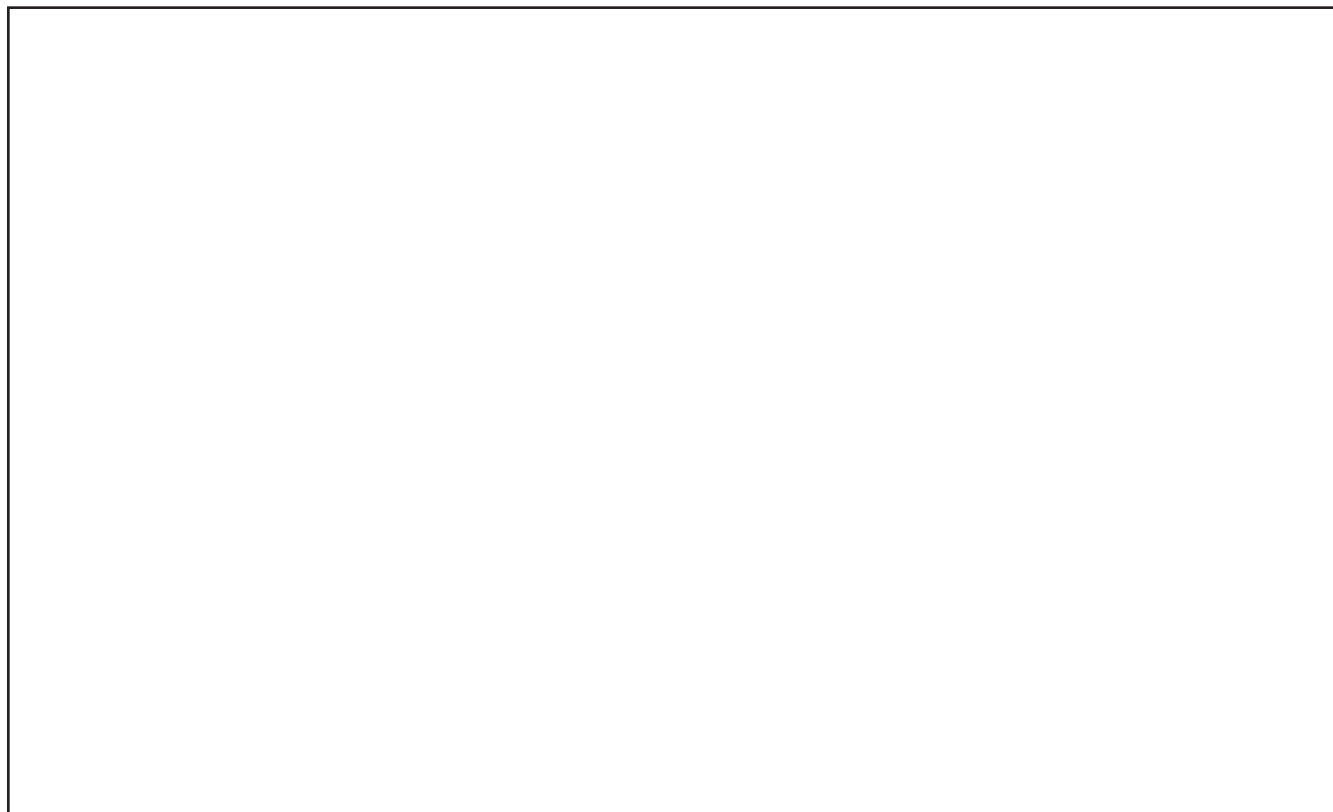
CARPENTERS.FUND NEWSLETTER

- Cancer Detection Testimonial
- PA Fund Office Moving
- Introducing Teladoc Primary Care
- My Carpenters' Nurse
- June is Men's Health Month

SUMMER 2026

Early Cancer Detection

Member Testimonial



Hear an EAS member talk
about their Galleri experience



The Galleri Test looks for a signal shared by 50+ cancer types through a simple blood draw. It fills an important void in cancer detection as there are currently only five cancers (colorectal, lung, breast, cervical, prostate) that have recommended screening tests.



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We're Moving This Summer ...

...to a new, more convenient, location in the Navy Yard. With the Union and the Benefit Funds combined under one roof, it will now be even easier to access the services and support you rely on.

**Coming Soon - New Philadelphia
Office Location:**



**5 Crescent Drive,
Philadelphia PA, 19112**

Phone: 215-568-0430

*** Note, this applies to the Philadelphia office only. *
The Edison, NJ office will remain at its current location.**

New Primary Care Options

There's no excuse to not have a primary care physician

Primary Care

Effective July 1, 2026

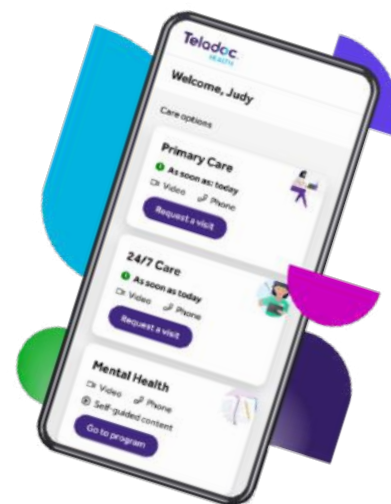
Teladoc™

HEALTH

Virtual care is a fast, convenient, and affordable option when it's not an emergency. As an eligible participant, effective July 1, you can access board-certified virtual primary care physicians through Teladoc Primary Care.

How to access Teladoc

- Download the Teladoc mobile app
- Visit teladoc.health.com, or
- Call 1-800-835-2362, or



Once you select a Teladoc physician as your primary care provider (PCP), that physician will remain as your PCP for all future visits. Your provider will build a relationship with you over time, supporting you with any medical issues that may arise and creating a custom care plan.

How to Utilize Teladoc Primary Care

If you already have a primary care physician...

- *Fantastic, stay with your current provider and continue to utilize Teladoc for when you can't get an appointment (i.e. after hours, vacation, holidays, etc...)*

If you already have the Teladoc App...

- *A new tile will be available in the app on July 1, simply click the link to register for a visit with a Primary Care Physician*

If you don't have the app

- *Simply download the app and click the link on July 1*

[Click Here to Get Started](#)





Introducing - *My Carpenters' Nurse*

With your Independence Administrators coverage, beginning July 1, you have a dedicated **My Carpenters' Nurse** ready to support you. My Carpenters' Nurses are here to help members and dependents with health care needs. If you are dealing with a new illness, trying to manage a chronic illness, or seeking preventative care, our nurses are available for telephone based guidance.



Preventative Care

Proactive health management, benefit explanation, and chronic disease follow-up and guidance.



Medication Assistance

Proactive health management, benefit explanation, and chronic disease follow-up and guidance.



Scheduling Help

Proactive health management, benefit explanation, and chronic disease follow-up and guidance.

**Click Here to sign up
for Important Updates
from Independence**

**** Fund Temple Nurses Program Discontinued ****

This new offering will take the place of the Fund's existing utilization of the nurse team from Temple, which is being discontinued.

Did You Know?

June is Men's Health Month

55% percent of men report not receiving regular health screenings. That number jumps to 63% for men of color.

As a carpenter, you have access to a wide range of health benefits, preventative or otherwise. Taking a proactive approach to health saves lives.

Whether a cancer screening, a routine physical, or changes to your diet and exercise regimen, every little thing matters--to you *and* those you love.

For a full listing of the health benefits afforded you and your family, be sure to visit the Fund's website at carpenters.fund

Final Call to Get Your \$25 Gift Card

Beginning October 1, you will no longer be able to receive a \$25 gift card when completing your Catapult VirtualCheckup. But there's still time to get complete your kit and get a \$25 gift card for simply taking care of yourself. The kit is delivered right to your door and can be done in under 20 minutes.

Catapult
HEALTH

[Click Here to Order](#)

MENTAL HEALTH & SUBSTANCE ABUSE

Men are 4x more likely to commit suicide



[Click to Order](#)

- Individual and family counseling
- In/out-patient treatment facilities
- Mental and nervous conditions

[Click to Order](#)

- On-demand peer support
- Recovery coaches
- Peer-led care navigation

CARDIOVASCULAR HEALTH & HYPERTENSION

50% of men who die of coronary heart disease had no symptoms



[Click to Order](#)

- Get a Hello Heart monitor and mobile app at no cost
- Track blood pressure, cholesterol and more
- Understand your readings and heart trends

FUNCTIONAL NUTRITION & DIET

Roughly 40% of all cancers are associated with obesity



[Click to Order](#)

- 1-on-1 nutrition counseling tailored to your body
- Lifestyle and stress management tools
- Meal planning

ANNUAL SCREENINGS & EARLY DETECTION

Infrequent screenings lead to later detection and higher mortality rates



[Click to Order](#)

- Recommended annual test beginning at age 45
- No-cost benefit that can be done at home
- Clinically proven accuracy that provides results in 5-7 days



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1811 Spring Garden Street
Philadelphia, PA 19130
215-568-0430

Address Service Requested



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