



**EASTERN ATLANTIC STATES**  
— CARPENTERS BENEFIT FUNDS —

# CARPENTERS.FUND NEWSLETTER

- New Benefit- Galleri Multi-Cancer Early Detection
- Mental Health Awareness
- New Benefit- Utopia WellCare Nutrition Services
- Health & Weight Loss Benefits

SCREENING FOR  
**MULTIPLE CANCERS IS**  
POSSIBLE WITH GALLERI



## How It Works

The test requires only a simple blood draw and is designed to detect the presence of multiple cancers simultaneously. The Galleri test looks for a signal in your blood that could indicate cancer.

**Results are available in about two weeks and there are two possible results.**



### No Cancer Signal Detected

This means that no cancer signal was found in your blood draw. This does not rule out cancer. The Galleri test does not detect all cancers. Continue with routine cancer screening tests your healthcare provider recommends.



### Cancer Signal Detected

This means a cancer signal was detected in your blood draw. This result is not a cancer diagnosis. Your healthcare provider will discuss next steps to confirm if cancer is present.

*If the test finds a cancer signal, follow-up diagnostic testing is required to confirm the presence of cancer and determine its location.*

## Introducing the Galleri Test: **Early Cancer Detection** at Your Fingertips

The Eastern Atlantic States Carpenters Benefit Fund (EASCBF) has partnered with Galleri to offer members access to an innovative early cancer detection test. The Galleri test is a groundbreaking tool designed to detect over 50 types of cancer through a simple blood draw, even before symptoms appear. **This can be especially valuable for high-risk individuals or those with a family history of cancer.**



## Why the Galleri Test?

Early detection is crucial in improving cancer outcomes, and many cancers often go undetected until later stages. The Galleri test complements existing screening methods, offering a broader scope of detection. **It doesn't replace standard screenings, like mammograms or colonoscopies, but it provides an additional layer of protection, potentially identifying cancers that traditional screenings might miss.**

## Who Should Consider the Galleri Test?

The test is particularly beneficial for those at an elevated risk for cancer.

**Eligibility for EASCBF members includes being over the age of 50, or being 40-49 years old with qualifying risk factors.**

*Early detection is a proactive step in maintaining overall health.*



## Learn More

If you are an eligible Member, consider taking advantage of this opportunity.

For more information or to determine if you're eligible, visit Galleri's official page.

[galleri.com/partner/eascbf](https://galleri.com/partner/eascbf)



Scan here with smart device camera

For questions about the Galleri test, please contact GRAIL Customer Service:

833-694-2553

[customerservice@grail.com](mailto:customerservice@grail.com)

# The Importance of MENTAL HEALTH SUPPORT *in the Carpentry Industry*

## Mental Health Matters

Mental health is a crucial yet often overlooked aspect of overall well-being. In industries like carpentry, where physical strength and resilience are prized, mental health challenges can be even harder to acknowledge. However, recognizing and addressing these issues is vital for maintaining a healthy, productive workforce.



### Mental Health Challenges in Carpentry

Carpentry is a demanding profession that requires precision, strength, and focus. Carpenters often work in physically taxing environments, facing long hours, tight deadlines, and the pressures of delivering high-quality work. These stressors, combined with the physical strain of the job, can take a toll on mental health.

Men, and women, in carpentry, like many in trades, may feel societal pressure to be stoic and self-reliant, which can lead to the underreporting of mental health issues. This can result in untreated anxiety, depression, or burnout, ultimately affecting job performance and personal life.

### The Stigma Surrounding Mental Health

In many cultures, men are often expected to be tough, resilient, and in control of their emotions. This stereotype can create a stigma around mental health, making it difficult for men to seek help. In carpentry and other male-dominated fields, this stigma can be even more pronounced, as admitting to struggling with mental health may be seen as a sign of weakness.

However, mental health is just as important as physical health. Ignoring mental health issues can lead to more severe problems down the line, including substance abuse, strained relationships, and even suicide. It's important to recognize that seeking help is not a sign of weakness, but a proactive step towards overall well-being.

### Taking Action to Change

It's important for carpenters to be aware of the mental health resources available to them and to take advantage of these benefits. Regularly checking in on one's mental health and seeking help when needed can lead to a more balanced, fulfilling life.

Mental health is a vital aspect of well-being that cannot be ignored, especially in demanding professions like carpentry. Utilizing available resources, such as Mental Health Consultants and Teladoc, can make a significant difference in managing stress and maintaining mental health. By taking proactive steps to address mental health, carpenters can ensure they are not only strong in body but also in mind.

## Your Mental Health Care BENEFITS

### Mental Health Consultants *Mental Health & Substance Abuse*



Find solutions to personal problems so that you and your family can lead healthy, active and productive lives. Individual & Family Counseling, Mental & Nervous Conditions, and Substance Abuse Benefits are administered by Mental Health Consultants (MHC). A Coinsurance Plan with an out-of-pocket max combined with your Independence Administrators doctor and hospital coverage.

#### Covered Behavioral Health Benefits Include:

- Psychiatrists & Psychologists
- Social Workers & Licensed Counselors
- Substance Abuse
- Individual & Family Counseling
- In-Patient & Out-Patient Treatment Facilities
- Mental & Nervous Conditions

### Manifesto Health *Recovery Support Service*



Available at \$0 cost to you and your dependents. Manifesto Health provides on-demand peer support, recovery coaching and peer-led care navigation. Services are delivered in-person or digitally through a mobile app, allowing Manifesto to cater to your preferences and needs. Manifesto's Peer Recovery Coaches are an ongoing source of support, not just one-time assistance. Members are supported as they face the unique challenges of returning to work while maintaining recovery efforts. *Manifesto Health works alongside your coverage through Mental Health Consultants (see above).*

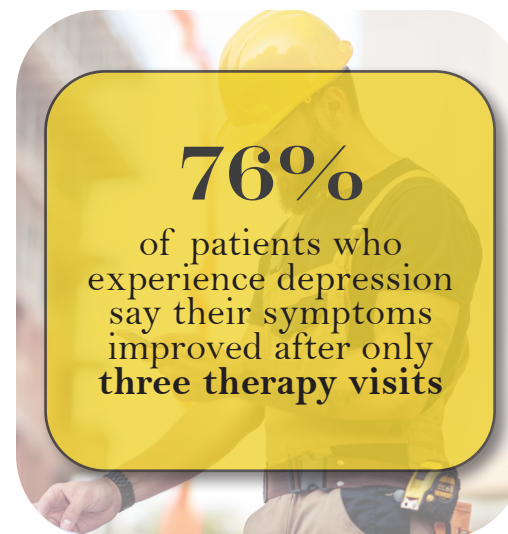


**Manifesto's Platform Includes**  
An interactive mobile app with self-guided, evidence based tools, and digital access to real Peer Support Specialists.

### Teladoc Health *Virtual Therapy*



Teladoc offers virtual mental health services that include therapy, counseling, and psychiatric care. Users can schedule video or phone appointments with licensed therapists or psychiatrists for issues such as anxiety, depression, trauma, and more. Users can choose their providers based on personal preferences and needs. The service also provides access to digital activities and mental health coaching.



**76%**  
of patients who  
experience depression  
say their symptoms  
improved after only  
three therapy visits

For more information  
on these benefits scan  
the QR code



# Start Your Journey to Healthier Living Today

Life-changing health outcomes through dietitian counseling and health coaching



Utopia delivers nutrition services at your convenience at **6 FREE VISITS**

The tele-health team of registered dietitians is committed to helping you with chronic health conditions like:

- Cardiac Issues
- Stress and Anxiety
- Autoimmunity
- Food Sensitivity Issues
- Body Composition

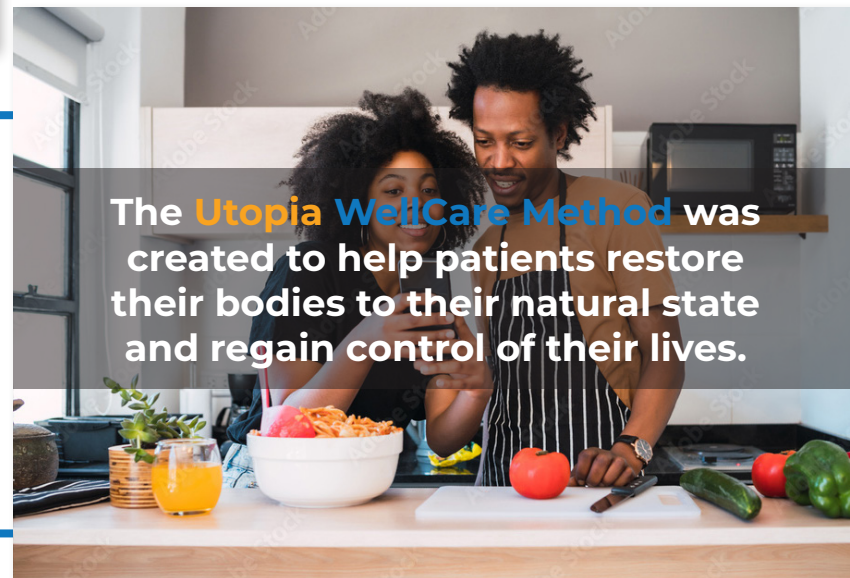
Millions of people suffer from autoimmunity conditions, whether they know it or not.

The root cause of most weight gain, brain and mood problems, and fatigue can take years – or even decades – for symptoms and a clear diagnosis to arise.

Utopia uses a virtual platform that enables you to easily document the unfolding phenomena that lead to ill health – a process that often occurs over many years, perhaps even a lifetime. It gives you and your practitioner the **“Big Picture”** so you can take the necessary steps to build back your health.

Functional Medicine is a branch of healthcare that focuses on treating your body as the unique, individual person that you are. Your state of health is a combination of your genetics and all the inputs your body has experienced over your life--from the food you eat, to the medicines you have taken, to the natural environment where you live. **Functional medicine considers alternative treatments before medications or invasive procedures.**

[Learn more on the website below](#)



LEARN MORE AT [utopiawellcare.com](http://utopiawellcare.com)  
or scan the QR code



# Other Health & Weight Loss Benefits



**VIRTA**

- Manage Diabetes
- Lose weight
- Reduce blood sugar
- Get off medications



**OMADA**

- Diabetes supplies
- Personal plan
- Blood glucose meter
- Connected smart scale



**PHYSICALS**

- Patient First
- Virtual CheckUp
- Robert Wood Johnson



## Member Testimonial

The Fund recently had the opportunity to sit down with Robert Nora, a retired member of 40 years, to talk about how one of the benefits he used made a lasting impact on his life. To watch the full interview, simply scan the QR code.



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www.carpenters.fund

Benefits in this newsletter DO NOT apply to Medicare Participants.



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