



SHEET METAL WORKERS LOCAL UNION 30 BENEFIT AND PENSION TRUST FUNDS

PLAN ADMINISTRATION: EMPLOYEE BENEFIT PLAN SERVICES

45 McIntosh Drive, Markham, Ontario L3R 8C7

Telephone: (905) 946-9700 • Toll Free: 1-800-263-3564 • Fax: (905) 946-2535 • Website: www.lu30plan.com • E-mail: info@lu30plan.com
www.facebook.com/SMWIAL30

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IMPORTANT NOTICE TO MEMBERS ABOUT IMPROVEMENTS TO YOUR BENEFIT PLAN

The Trustees are pleased to announce the following benefit improvement:

PHARMACOGENETIC TESTING

Each Member and their eligible dependants are eligible to claim one pharmacogenetics test per lifetime. This benefit is available to members and dependants effective immediately.

The Plan uses Pillcheck to deliver this service to you.

What is pharmacogenetic testing?

Pharmacogenetic testing predicts how a person's body metabolizes medications, based on their genetics. It is **NOT** a test that predicts disease risk. It is a private and confidential test that is provided to the patient and if requested, their physician.

Pharmacogenetic testing identifies the right medication, at the right dose, for the right patient, drastically reducing any negative effects of medications. Testing will also help to identify which medications will not have any effect.

The Plan's pharmacogenetic testing covers commonly prescribed medications for depression, anxiety, chronic pain, as well as for heart and digestive conditions, arthritis and more. The confidential report you receive from the testing lab (Pillcheck) includes your predicted response to over 280 medications and a personalized review of your medications by an expert pharmacist.

How do I get the pharmacogenetic testing benefit?

This pharmacogenetic testing benefit is provided by Pillcheck.

If you are interested in utilizing this benefit, go to the Pillcheck website to order this benefit:

1. Visit www.pillcheck.ca/sheetmetal30
2. Click **SIGNUP**
3. Please enter your Green Shield Number which is on your All-In-One Benefit Card to verify your coverage and to create an account with Pillcheck. This is where your results will be deposited.
4. Once you have been verified as being covered by the Plan, Pillcheck will mail you an easy-to-use cheek swab sample collection kit with instructions. The kit will include a prepaid envelope to return the kit to Pillcheck.
5. Your test results are usually available within 1-2 weeks of your sample arriving at the lab. You will receive an email when the Pillcheck test results are available in your Pillcheck account. Pillcheck will send the results to your physician (if you provided this information) and ensure that they are aware of what the test is all about. Please note that your name is coded and that only the code is sent to the laboratory with your sample collection kit.

Your results and personal data are private and never shared with your employer, insurer, or benefit plan.

See the attached Pillcheck flyer for more information.

Sincerely,

The Board of Trustees

Jason Addison

Sean Bush

Fernando Canonico

Shannon Kilgar

Alex Kish

Art White

Enclosure

Not getting the most out of your medications? It's now easier than ever to get a Pillcheck pharmacogenetic test!

We're introducing a new preferred service provider for your health benefits plan called Pillcheck™. It's an easy DNA test and medication review that provides insights about how you will likely respond to prescriptions based on your genetics. Pillcheck helps you and your doctor find the right medication at the right dose, avoiding drugs that may not work for you and minimizing your risk of side effects.

The Pillcheck test takes only minutes to complete at home. Personalized results are good over your lifetime – to use whenever you consider a new prescription. And rest assured, your results are confidential and private – only you decide who to share them with.

Benefits of Pillcheck:

- ✓ Helps you avoid medications unlikely to be effective with your DNA
- ✓ Helps reduce negative side effects
- ✓ Covers most commonly prescribed drugs, including those for mental health, pain, and many other conditions
- ✓ Share your results with your doctor, who can help you get on the right medications and dosages, so you feel better sooner.

Pillcheck is available at no out-of-pocket cost for Sheet Metal Workers Local Union 30 Benefit Plan Members. A test requisition from a health care practitioner is not required. Simply order Pillcheck with the link below.

Sincerely,

Jason Addison

Sean Bush

Fernando Canonico

Shannon Kilgar

Alex Kish

Art White

The Board of Trustees

Sheet Metal Workers Local Union 30 Benefit Trust Fund

Feel better sooner! Here's how to order:

1. Visit www.pillcheck.ca/sheetmetal30 to learn more
2. Click SIGN UP
3. Please enter your Green Shield Number which is on your All-In-One Benefit Card to verify eligibility.



With an easy cheek swab, Pillcheck helps you find the right medications so you can feel better sooner.



Personalized results include a pharmacist's review and action plan to share with your doctor.



Results are held securely online and never shared with your employer or insurer.



Works for new medications you may be prescribed in the future.



"A valuable tool for helping me stay as healthy as possible, both now and in the future."

-Pillcheck customer