



FUNDamentals

September 2008

The newsletter from your Wisconsin Health Fund
PO Box 601 Milwaukee WI 53201

Let's Get Healthy!

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Come join us at WHF's 13th Annual Health Fair and get the medical information and screenings you need for a healthy head start to the season.

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The health fair will take place Thursday, October 23rd from 5:00p.m. to 7:30p.m. and on Saturday, October 25th from 8:00a.m. to 12:00p.m. at 6200 W. Bluemound Road.

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The free event will feature WHF physicians and medical staff as well as several community agencies that will provide free health screenings and health information. At the fair, people will be able to check their cholesterol levels, glucose levels, bone strength and blood pressure. Information will be available on domestic violence, arthritis, cancer, children's health, radiological imaging, lupus, men's and women's health, neurology, finances, senior programs and much more.

Women's Health
and Cancer Rights
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A Wisconsin Health Fund pharmacist will be available to answer your questions regarding all types of medications.

Holiday Schedule
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Influenza (flu) season is approaching and while you're at the fair get your yearly flu vaccine. The Pneumonia vaccine will be available but only to those who are 65 years and older.

Remember to notify WHF if you have a change of address, phone number, or other insurance coverage

New to this year's health fair, flu shots will be available for children as young as 6 months through 17 years! Keep in mind if your child aged 6 months to 8 years has never had a flu shot he/she will require two doses. If your child aged 6 months to 8 years had a flu shot for the first time last year and only received one shot he/she will require 2 shots this year. These two shots must be four weeks apart with the second shot being given on December 2, 2008 from 4:30p.m. – 6:00p.m with no appointment necessary.

OUR MISSION

Enriching lives through progressive benefits, compassionate care, and exceptional service.

Flu Shots

WHF Members: Your \$10 or \$15 Co-Pay

WHF Active Retires: \$15

Medicare: Billed Directly

Non-members: \$20

We look forward to seeing you and, as always, a Hunger Task Force barrel will be available for non-perishable food item donations!

From the Doctor

This Issue: Flu Shot



**Mohammad
Fareed, M.D.**

WHAT is Flu/Influenza?

There are about 36,000 deaths per year from influenza and about 200,000 hospitalizations per year. Most of these are among the elderly but some children also die. Influenza is a seasonal illness occurring mainly during the winter. It is caused by the influenza virus. Influenza viruses are continually changing every year, which means that it is important to be reimmunized every year. Influenza is spread from person to person through sneezing, coughing or breathing. Symptoms include cough, sore throat, fever, chills, muscle aches and headache. Young children might also have diarrhea and vomiting. Complications of influenza include pneumonia, ear and sinus infections, myocarditis (inflammation of the heart) and death.

HOW To Help Stop it?

There are two types of vaccines available to protect us from the influenza which causes more deaths than any other vaccine preventable disease. Number one is the TriValent inactivated influenza vaccine (TIV) or killed vaccine. In the (TIV) vaccine the influenza virus is killed and is given by injection into the muscle of the upper arm or thigh. The other vaccine is live attenuated influenza vaccine (LAIV) which is given as a nasal spray.

WHO Should Be Vaccinated?

In general anyone six months of age or older can get vaccinated.

VACCINATION FOR CHILDREN:

In 2008 the ACIP (Advisory Committee on Immunization Practices) recommends children from six months up to the 19th birthday to be vaccinated. Children under six months old are too young to get the influenza vaccine. The best way to protect young children is to make sure members of their household and their caregivers are vaccinated.

VACCINATION FOR ADULTS:

Pregnant women, people 50 years of age and older, people of any age with certain chronic conditions such as asthma, diabetes or heart disease, people who live in nursing homes and other long-term care facilities, household contacts of persons at high risk for complications from influenza, household contacts in out-of-home caregivers of children less than six months of age, and health care workers.

PEOPLE WHO SHOULD NOT BE VACCINATED:

Children under age six months, people who have a severe allergy to chicken eggs, people who have had a severe reaction to an influenza vaccination before, people who have developed Guillain-Barre syndrome within six weeks of getting an influenza vaccine, people who have a moderate to severe illness with a fever (they should wait until they recover to get vaccinated).

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Can you find all the words in Green?

Words can be forward, backwards, up, down and diagonal

R T O S C D B O N E E Y H K
 E S A F E T Y O T Y Y T L S
 L N L E U S I T A C L R L Y
 P O A U D T U D I A Y A K A
 P I R C C H R E E S E E I T
 O T U E I U D H A R N H L N
 D A J N T R O C T O B E R G
 D N C A S S E T E B A I D R
 I I S S E D E M B S C U H W
 T C P A M A L L A U K O D B
 O C R L O Y O U O B P O U N
 R A A L D O L N N H A S B S
 A V Y E D F O S N G C A C P
 C M L T E U Y C L C K E J L

- 1) WHF 13th Annual Health Fair is this **October**
- 2) **Thursday**, 23rd 5-7:30pm & **Saturday**, 25th 8-Noon
- 3) **Bone Density** Testing, **Carotid Doppler** Screening
- 4) **Cholesterol** Screening, **Lung** Capacity Testing
- 5) **Blood Sugar** Testing, **Heart** Risk Assessment
- 6) September is **Backpack** Safety **America** Month
- 7) Children and Adults should receive the **flu** vaccination
- 8) Vaccination can be done by **injection** or **nasal spray**
- 9) October is **Domestic** Violence Awareness Month
- 10) Women's **Health** and Cancer Rights Act of 1998
- 11) Know **safety** tips for a safe & enjoyable trick-or-treat holiday
- 12) November is American **Diabetes** Month

Wordsearch answer key can be found on our website: www.whfund.org. Click on the September 2008 FUNDamental, answer key is the last page

SUMMARY ANNUAL REPORT FOR WISCONSIN HEALTH FUND

This is a summary of the annual report for the WISCONSIN HEALTH FUND, (Employer Identification No. 39-1762582, Plan No. 501) for the period January 1, 2007 to December 31, 2007. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Wisconsin Health Fund has committed itself to pay medical, pharmaceutical, dental, vision, disability, and life insurance claims incurred under the terms of the plan.

Insurance Information

The plan has a contract with United Health Care Insurance Company to pay all life insurance claims incurred under the terms of the plan. The total premiums paid for the plan year ended December 31, 2007 was \$265,369.

Basic Financial Statement

The value of plan assets, after subtracting liabilities of the plan, was \$36,767,467 as of December 31, 2007 compared to \$30,257,727 as of January 1, 2007. During the plan year the plan experienced an increase in its net assets of \$6,509,740. This increase includes unrealized appreciation or depreciation in the value of plan assets; that is, the difference between the value of the plan's assets at the end of the year and the value of the assets at the beginning of the year, or the cost of assets acquired during the year. During the plan year, the plan had total income of \$45,037,636. This income included employer contributions of \$35,792,105, employee contributions of \$2,833,000, realized gains of \$414,057 from the sale of assets and earnings from investments of \$2,080,648. Plan expenses were \$38,527,896. These expenses included \$2,710,238 in administrative expenses and \$35,817,658 in benefits paid to participants and beneficiaries.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

1. An accountant's report;
2. Financial information and information on payments to service providers;
3. Assets held for investment;
4. Fiduciary information, including non-exempt transactions between the plan and parties-in-interest (that is, persons who have certain relationships with the plan);
5. Transactions in excess of 5 percent of the plan assets; and
6. Insurance information including sales commissions paid by insurance carriers.

To obtain a copy of the full annual report, or any part thereof, write or call the office of Mr. Michael S. Lovely who is the Executive Director, 6200 W. Bluemound Road, Milwaukee, WI 53213, (414) 771-5600. The charge to cover copying costs will be \$5.50 for the full report, or \$0.25 per page for any part thereof.

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the full annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. The charge to cover copying costs given above does not include a charge for the copying of these portions of the report because these portions are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan: 6200 W. Bluemound Road, Milwaukee, WI 53213 and at the U.S. Department of Labor in Washington, D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: U.S. Department of Labor, Employee Benefits Security Administration, Public Disclosure Room, 200 Constitution Avenue, NW, Suite N-1513, Washington, D.C. 20210.

Women's Health and Cancer Rights

The Women's Health and Cancer Rights Act of 1998 requires the Fund to notify you, as a participant or beneficiary of the Wisconsin Health Fund Plan, of your rights related to benefits provided through the plan in connection with a mastectomy. As a participant or beneficiary of Wisconsin Health Fund you have a right to coverage provided in a manner determined in consultation with your attending physician for: (a) all stages of reconstruction of the breast on which the mastectomy was preformed; (b) surgery and reconstruction of the other breast to produce a symmetrical appearance; and (c) prostheses and treatment of physical complication of the mastectomy, including lymphedema.

These benefits are subject to the plan's regular deductible and co-payment described in the Plan Document. For further details, refer to your Summary Plan Description (SPD).

Keep this notice for your records and call your Plan Administrator at Wisconsin Health Fund, (888)208-8808 for more information.

Wisconsin Health Fund FUNDamentals

PO Box 601
Milwaukee, WI
53201

(414) 771-5600
or Toll-free
(800) 524-3538

WHF Customer
Service
(888) 208-8808

WHF On-line
www.whfund.org

Schedule a private tour by calling Director of Member Services Gail Stelmaszewski at (414) 479-3693
The WHF Medical Center is conveniently located at 6200 W. Bluemound Rd. in Milwaukee. Bluemound Rd. is one half mile north of I-94.



WHF Holiday Schedule

Thanksgiving - Thursday November 27th - Closed
Friday November 28th - Admin/Benefits Closed
Christmas Eve - Wednesday December 24th - Closed at Noon
Christmas Day - Thursday December 25th - Closed
New Years Eve - Wednesday December 31st - Closed at Noon
New Years Day - Thursday January 1st 2009 - Closed

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WHEN Should Vaccination Occur?

Influenza vaccination should start as early as October and continue through January and in some cases it can be given even in the months of April and May.

Any questions about influenza vaccination, please contact your primary care physician/pediatrician/family doctor.



PO Box 601
Milwaukee WI 53201



Return Service Requested

Wordsearch Answer Key

	a	b	c	d	e	f	g	h	i	j	k	l	m	n	
1	R	T	O	S	C	D	B	O	N	E	E	Y	H	K	(g7, E) october
2	E	S	A	F	E	T	Y	O	T	Y	T	L	S		(f4, S) thursday
3	L	N	L	E	U	S	I	T	A	C	L	R	L	Y	(c9, NE) saturday
4	P	O	A	U	D	T	U	D	I	A	Y	A	K	A	(g1, E) bone
5	P	I	R	C	C	H	R	E	E	S	E	E	I	T	(M8, NW) density
6	O	T	U	E	I	U	D	H	A	R	N	H	L	N	(A14, N) carotiddoppler
7	D	A	J	N	T	R	O	C	T	O	B	E	R	G	(K13, NW) cholesterol
8	D	N	C	A	S	S	E	T	E	B	A	I	D	R	(g10, SE) lung
9	I	I	S	S	E	D	E	M	B	S	C	U	H	W	(i9, SW) blood
10	T	C	P	A	M	A	L	L	A	U	K	O	D	B	(l6, N) heart
11	O	C	R	L	O	Y	O	U	O	B	P	O	U	N	(k7, S) backpack
12	R	A	A	L	D	O	L	N	N	H	A	S	B	S	(i10, NW) america
13	A	V	Y	E	D	F	O	S	N	G	C	A	C	P	(f13, NE) flu
14	C	M	L	T	E	U	Y	C	L	C	K	E	J	L	(b13, N) vaccinations

(a9, NE) injection

(d7, S) nasal

(c9,S) spray

(e12, N) domestic

(h6, NE) health

(b2,E) safety

(m8, W) diabetes