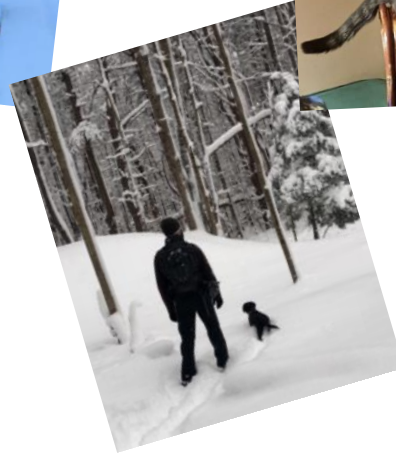


LMHF

Labor-Management Healthcare Fund

WELLNESS WITH YOUR PET

Your Pet can help you with your Wellness this year. Check out some of our Members who have already joined in with **Wellness with Your Pet**.



“Wellness with Your Pet” is a fun way for LMHF members to earn credit toward Part II of the LMHF wellness incentive program. Pet owners know how important and enriching pets can be in our lives. For more information on this new activity please check out our website www.LMHF.net under the Wellness Tab.

To receive LMHF Wellness Part II Credit all you have to do is email a photo of you and your pet(s) involved in a wellness activity for any four (4) consecutive weeks (*one submission per week for four (4) weeks*). In the emails include: **your name, BC/BS Member ID #, pet(s) name, and a brief summary of the wellness activity that you and your pet are enjoying in the photo and how it is a health benefit to you.**

Please also sign the **LMHF Authorization to Use Name/Likeness** document allowing LMHF to include your photos on our website and Instagram page as these members above have done.

This information can be emailed to: tammy.pudlewski@lmhf.net
or call Tammy at (716)601-7980 x4 for questions

Once all four (4) photos and necessary documents are received and approved, you will be notified and receive one (1) annual LMHF Wellness Part II Credit.

Labor-Management Healthcare Fund
3786 Broadway Street
Cheektowaga, NY 14227
(716)601-7980 www.LMHF.net