



# LABOR'S MTC VIEWS

114 Poquonnock Rd, Groton, CT 06340

January 2024

Vol 46 No. 1

MTCNLC.ORG

Welcome Back - I hope you all enjoyed your time off during the shut down.

With the coming of the New Year there are many changes. Some are very popular and deserving to all such as the

- GWI (General Wage Increase)
- Acceleration of the Retention Bonuses
- The one-time 401K deposit (NCRC)
- Continuation of the Healthcare Plan with HSA Seed Money
- Increase in Pension (For eligible Employees)
- Increase in Short Term Disability
- Renewed and expanded emphasis on Safety

And the least popular is changes to Article X - Overtime

- Parts of Art 10 Have been there since the late 70's but were never in print
- Habitual No Shows are new but affect a minority of the people
- The new increase for job continuity will need to be closely monitored
- Liability increase also will affect few (There has been no payment on overtime equalization in decades)

The MTC will be working on a better, more timely way of communicating with the membership.

What you should do is be more involved in your Local Union.

I wish you all a Safe, Prosperous New Year

Fraternally Yours,  
Peter E Baker - MTC of NLC President

## Phone List

**Peter E Baker** 445-6383  
MTC President

**John Adamson** 445-6383  
MTC Vice President

**Richard McCombs** 445-6383  
MTC Rec. Sec'y

445-6383  
MTC Sec'y Treasurer

**George Nowosielski** 445-8170  
Local 777

**Dennis Urquhart**  
Local 1122 401-573-6956

**Richard (Chick) McCombs**  
Local 261 445-2224

**Jim Spencer** 445-8619  
Local 1871

**Pat Joyce** 445-4973  
Local 614

**Danny Sanchez** 448-2577  
Local 547

**Rob Hill** 575-1384  
Local 493

**Paul Bruno** 445-1216  
Local 106

**Janet Orr** 445-6383  
MTC Benefits Rep

MTCNLC.ORG



## DIGNITY AND RESPECT

These are two words and actions you should think about when you are addressing any matters with coworkers or supervision. If there is an issue speak to your Union Steward.

### UNION MEETINGS

Union meetings are important, and I encourage you to come and participate in the affairs of our Union. The monthly meetings normally last about 30 minutes and your participation will help to make this Union even stronger.

### 2023 HOLIDAY FLOATERS

The deadline for using any 2023 Holiday Floaters is February 28, 2024. They must be taken in eight (8) hour increments. They will be lost unless you were prevented from taking them based on you working during the holiday shutdown. In such cases you will be reimbursed eight (8) straight time hours for each floating holiday lost (including any applicable shift premium). Notify your supervisor if this applicable to you. Also, remember you will only need Four (4) Floaters for this year's shutdown.

### NEW EMPLOYEES AND THE CHRISTMAS HOLIDAY SHUT DOWN

You may be eligible for unemployment benefits. Info should be coming out shortly from Human Resources.

### UNION REMINDERS:

NEW HIRES YOU must stay on top of your insurance coverage. There are many choices for you to review and time limits for you to apply for these benefits. You are now eligible to join the insurance between days 0-30 of your date of hire. This is the only 30 days to execute access to the health plan. If you do nothing you will automatically get medical but will not receive dental, extra eye care, and additional life insurance. If you are married or married with children, they will not be covered. It is important to enroll as soon as possible. Do not be late. I suggest that you call to make arrangements for health insurance since all calls are recorded. In the past, there were problems with online enrollments. There are many options to choose or reject. Contact General Dynamics Service Center (1-888 432-3633) Monday – Friday 9am to 9pm. OR [www.gdbenefit.com](http://www.gdbenefit.com) (24hrs/7days). Any questions call EB Benefits: 860-433-4201 or Janet Orr, Union Insurance Representative: 860-445-6383.

### “Weingarten” Rights

If YOU are sent to SECURITY for any reason or are being questioned by MANAGEMENT, YOU should request a STEWARD. YOU do not have to answer any questions until you have UNION REPRESENTATION.

Youtube Weingarten Rights: Training for Shop Stewards. View the brief ten minute video from OPEIU Local 8.

### [www.opeiulocal106.org](http://www.opeiulocal106.org)

Visit this site and search the many links of valuable information. The Media Center is one example that is updated by our International Union with new information on Union Benefits and current issues of interest.

### LABOR'S VIEWS ON LINE

LABOR'S VIEWS may be seen on [opeiulocal106.org](http://opeiulocal106.org) and the Metal Trades Council web site [mtcnlc.org](http://mtcnlc.org). LABOR'S VIEWS is also accessible on EB computers link to the MTC website to Homeport. If you would like a copy please email our Recording Secretary, Maggie Marley, at [prof.emp@snet.net](mailto:prof.emp@snet.net) and ask to be added to the email list. Please state “Subject LV” and use your home email address.

### MEETING NOTICE

**JAN. MEETING:** January 8, 2024, 5:30 P.M., nomination and election M.T.C. and S.C.C.L.C. AFL-CIO Delegates.

**FEB. MEETING:** February 13, 2024, 5:30pm.

### UNION REMINDER

**Dues Increase:** Due to per capita tax increases, our Local dues were increased by \$1.00 per month effective January 1, 2024.

**STEWARDS FOR EB:** Nate Newhouse D438 401-688-6852 1st/Brittany Bradley D438 X32371 1st/Arlene Allard D 221 X37797 2nd / Cory Jacobson D 321 X35569 3rd

### UNION COMMUNICATIONS:

Local 106 Web Site [opeiulocal106.org](http://opeiulocal106.org) - Phone 860-445-1216 - FAX 860-446-0175 - e-mail [prof.emp@snet.net](mailto:prof.emp@snet.net) Do not send e-mails to any EB addresses. We may not get them. If you have sent an e-mail and did not get a response in a day or two please call the Union Hall.

International Union Web Site [opeiu.org](http://opeiu.org) - International Magazine White Collar - Union Benefits [UnionPlus.org](http://UnionPlus.org)  
Metal Trades Council [mtcnlc.org](http://mtcnlc.org)

If you change your home address, phone number, or e-mail do not forget to notify the Union.

PLEASE, TRY TO ATTEND UNION MEETINGS.

Paul A. Bruno Jr. President/Chief



# Local 1871

Steward elections this month!! Make sure you are prepared to either nominate yourself or that you are prepared if you are nominated by someone else. Nominations and voting will take place in the same meeting. Good luck!

I'd also like to remind people that there is an MTC website that has our labor views on it along with other info. [Mtenlc.org](http://Mtenlc.org) Also join our facebook [Local Lodge 1871iam](https://www.facebook.com/LocalLodge1871iam) where we can also communicate with each other.

Contract books are still being printed so if you need to reference the new contract changes, they are on the MTC website.

New members please feel free to start attending meetings whenever you're ready. We're always looking for new faces to step up and get involved. There are a lot of roles you can take on to help support our cause.

CHANGE OF ADDRESS OR PHONE NUMBER? PLEASE inform a union representative. The company is not allowed to share this kind of information with us, so we only know if you tell us.

In case, there is anyone that does not know where they can check their paystub online, you need to login to your fidelity netbenefits page. On the home page, halfway down, click on the link titled "GD ESS". On the next page click "Go to GD ESS". This will bring you to the Employee Self Service homepage where you can find a link to your paystub.

Before you retire, please contact the union, and let us know. You DO NOT need to submit a withdrawal card. Retirees can receive a union jacket and/or watch. 40 years or more will receive both. 15-40 years will receive a watch.

Make sure to inform the union if you will be out of work for an extended amount of time so that we can make sure your dues are adjusted.

If you are a Military Veteran, please see Christopher Wasilewski on first shift for support.

New Members: Between days 0-30 days after your date of hire you must log onto the General Dynamics Service Center website at [www.gdbenefits.com](http://www.gdbenefits.com) to enroll yourself, and your dependents, in the benefits package.

As always, do not forget to use the safety boot and eyeglass program that was negotiated by the MTC. A list of the different shoe manufacturers and times that they will be outside the front gate is available. The eyeglass store is open on both the inside of the main gate and the outside entrance for your convenience, check bulletin boards for the times they are open.

IMPORTANT: If you are put on notice, going to be disciplined, or sent to Security to give a statement of any kind, you have the right to have a steward present. Your first words should be, "I want to talk to a Steward".

Union Hall Phone Number: 860-445-8619

### First Shift OSM:

Mark Sousa 401-743-3033  
Mike Fantacci 860-884-7339  
Randy Branche 860-215-5384  
Joseph Comforti 401-596-4168

### First Shift ISM:

Mike Shell 860-790-9136  
Ernie Richard 860-381-9213

### First Shift All Other Areas:

Janet Orr 860-608-8528  
Kevin Mizer 401-580-0400  
Ed Mctigue 860-463-7680

### Second Shift OSM:

Bill Ericson 860-705-6739  
George Blanchette 860-908-4149  
Dustin Bennett 860-300-6164

### Second Shift ISM:

George Raposa JR 860-908-0002

### Second Shift All Other Areas:

James Lawrence 570-579-4210

United Way Contact - Janet Orr 860-608-8528

MTC Benefits Rep - Janet Orr 860-445-6383

### MEETING NOTICE:

Meeting dates for the year will be posted on one notice in all areas. Take note of dates that fall on months with floaters. Next regular meetings will be January 11 th , and February 8 th , at 3:00 p.m. at 18 Pleasant St Groton, CT 06340.



## Local 1122

As we close out the holiday season and prepare for the New Year, I hope everyone had a wonderful Christmas spent with loved ones. In moving forward, I wanted to bring attention to the negotiated changes in our contract for overtime. Effective January 1st, those who have been proven to be repeat offenders of not showing up will be ineligible to work overtime for up to nine months. Let us continue to be mindful of these changes and the importance of accountability. Thank you all for your attention to this matter. I would like to remind everyone that we will have new hires starting soon. Please be on the lookout for them and help them as needed. If you see any new hires struggling, please offer your assistance.

**Debit Card Replacement:** If you happen to lose your Fidelity Health Savings Account (HSA) Debit Card, log onto [FidelityDebitCard.com](http://FidelityDebitCard.com) to request a new one.

**Subbase NSSF and ARDM Shippingport request form:** The Department will no longer survey, you will have to fill out a form. See your steward for this form.

**Stewards:** 1st: Allen Claar All Nuclear issues 860-237-1114, Ron Ingves 860-334-8141, Alts- Matthew Fauquet 860-381-9196, Dan Sager 860-941-4236. 2nd: Alts Elaine Key 860-460-7621, Reggie Setts 401-363-1954, Matthew Cassidy 860-989-9600

**SAFETY :** Just a reminder that safety is everyone's concern. If you see an unsafe act you should report it to your Union Steward or M.T.C. Safety Steward. They will take the necessary actions to correct the situation. Contact MTC safety at 860-445-6383.

If you are sent to Security for any reason or are being questioned by any Management, **YOU SHOULD REQUEST A STEWARD !!! REMEMBER, YOU HAVE THE RIGHT TO UNION REPRESENTATION, AND YOU DON'T HAVE TO ANSWER ANY QUESTIONS WITHOUT THIS REPRESENTATION.**

**IMPORTANT:** Members who are out of work on any leave of absence such as Workers Compensation, Sedgwick short term disability insurance, FMLA, etc. it is your responsibility to pay your portion for medical, dental, and vision. You can be dropped from your benefits if you don't keep up your payments.

Please don't forget to notify the Union Hall (860-442-8281) if you change your address, phone number, or name. We need to have the correct information! When you notify the company of these changes they do not give the Union this new information. We appreciate your cooperation in this matter.

**REMINDER:** If you are out of work on compensation or accident & sickness insurance or any unpaid leave it is your responsibility to pay your dues. If your dues fall behind more than three months, your membership could be suspended. If you are out of work and have any questions regarding your dues, please call the Union Hall at 860-442-8281.

**IMPORTANT:** It is advised that you notify me one week in advance or as soon as you know when you will be returning to work from any Medical, Compensation or unpaid leave. The company doesn't know if you kept your dues paid up while you were out. It is important that I know your return date so I can submit a letter to the company to have your dues zeroed out under non collected. Once the company takes out your dues it will take me at least a month to return your money.

The monthly Union meeting of Painters' Local #1122 will be held every 4th Monday of each month at the Union Hall 597 Broad St., New London, Ct. at 7:00 PM. Second shift employees please give your foreman 24 hours notice if you plan to attend the meeting. If you have any problems/issues to discuss, the union meeting is the place to do this. If I can be of any assistance to you, please don't hesitate to contact me. My numbers are 401-573-6956 and my email is [painters.union@yahoo.com](mailto:painters.union@yahoo.com).

Thank you for your ongoing support.

Fraternally yours, Dennis Urquhart- President/Chief Steward - Painters' Local #1122

# Buford's



## Local 493

REQUEST A STEWARD If you are being sent to Security for any reason or are being questioned by management you have the right to have a Steward present. You don't have to answer any questions until you have union representation.

### STEWARDS

1st Shift - Keith Coppin 860-433-4657 Scott Harris 860-574-0208

1st Shift Alt - Scott Partosan 860-433-5816

2nd Shift -John Ogden 860-433-4657

**SAFETY:** Safety should be everyone's first priority when working in the shipyard. If you see something unsafe or are being asked to do something that you feel is unsafe, please contact a steward for guidance. You can also contact MTC Safety at 860-445-6383

Hope you all had a Happy Holiday and New Year! Was great working with you all last year and I look forward to this year!

Work safe - Robert Hill /Chief Steward

## LiUNA! Local 547

*Feel the Power*

For any reason, if you're being questioned by security or supervision, you have the right to request a steward. You must invoke that right before you answer any questioning.

A quick update is that our dues are increasing, they will increase by 1\$, 44\$ to 45\$

If you have any changes to your personal information you must inform the union hall of said changes. The company does not share this info with the union, so I ask that you please contact the hall with any address or phone number changes. In order to notify you of any union news or information, your updated info is vital to the timely delivery of these notifications. The union hall's phone number is (860) 448-2577.

Fraternally Yours, Danny Sanchez



126 Poquonnock Road

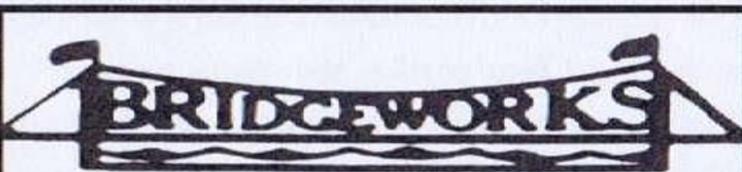
Groton, CT 06340

860-446-1765

~Hours~

Mon: Closed, Tues-Fri: 6 to 1,

Sat-Sun: 6 to Noon



FAMILY DENTAL CENTER

Vincent Antonelli, D.D.S.

Ted Malahias, D.D.S.

Sean Kim, D.D.S., FAGD

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Carolyn Crump, RDH

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56 Whitehall Ave.

Stonington, CT. 06378

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# Local 261

The next meeting of IBEW Local Union 261 has been rescheduled to the third Tuesday on January 16th, 2024, 2:45 P.M. at the IAM Lodge 1871 Union Hall located at 18 Pleasant Street.

Please note: At this meeting we will be voting on a by-law change that will include dues increase. This vote will be by secret ballot. Within the next couple of weeks, you should receive a notice explaining this by-law change. If you did not receive it, please contact us so that we will be able to send notices to you.

Please note: It has been officially agreed that we will continue to observe our floater week by changing our meeting date to the following week. If you cannot attend the meetings any issues should be brought to our attention by contacting your Steward or this office. Please call me if you have any problems at any time.

Send me an e-mail and let me know your issues. The Local's phone numbers are as follows: 860-445-2224 main line, 860-445-8360. E-mail address: [ibew261@frontier.com](mailto:ibew261@frontier.com) IBEW International web site: <http://ibew.org>

As I stated in last month's report, we have a lot of work to do to learn how the different generations can learn to work together. This also leads to another concern. The Company has been offering supervisory opportunities to young inexperienced employees. Some with less than a year. Most will agree that front-line supervision is arguably the toughest job in the company, especially in operations. They are expected to know the job well enough to give the proper direction to their employees. They have to answer to their superiors at the same time understand and maintain a professional working relationship with their crew. They need to get the job done on budget, and on schedule as well motivating everyone in their crew, understanding their personalities and keeping morale high. Hence "A Happy Worker is a Productive Worker" OH yea, let's add the huge liability to keep them safe.

I am assuming that the Company feels that there is time before our work schedules get heavy to teach them the right procedures and methods to meet their productivity schedules. I would like to think this can happen. I have found that most of these individuals are smart and quick learners. But that's where it stops. When it comes to understanding how to supervise them efficiently, to keep them motivated and to keep their morale high requires a doctorate in psychology or someone who has worked with these individuals and understands their individual quirks (personalities) and cultures, for several years. Front-line supervisors should be able to understand human behavior to be able to assign the right jobs to the right person. I would like to think that most will agree that a one-year employee cannot learn this this soon.

But don't worry, HR has been tasked to provide supervisory training that will provide this education. All new supervisors are required to attend a 40-hour program that is supposed to make them the perfect leader. Unfortunately, they are not willing to discuss what their agenda is. We can only go by comments of some of the bosses who attended. What I have learned and have experienced is they stress using their discipline policies as motivation. Weaponizing the discipline policies will not work with this generation of workers. I believe this is one reason why our morale is so low. I would hope that if you're asked if this is a problem you could add comments in a constructive professional manner.

Once again, I am looking forward to setting up a better relationship with all our members next year. On behalf of our Officers and Stewards we wish all of you and your families a very prosperous New Year!

Thank you, Continue to Work Safe!!

Faternally,

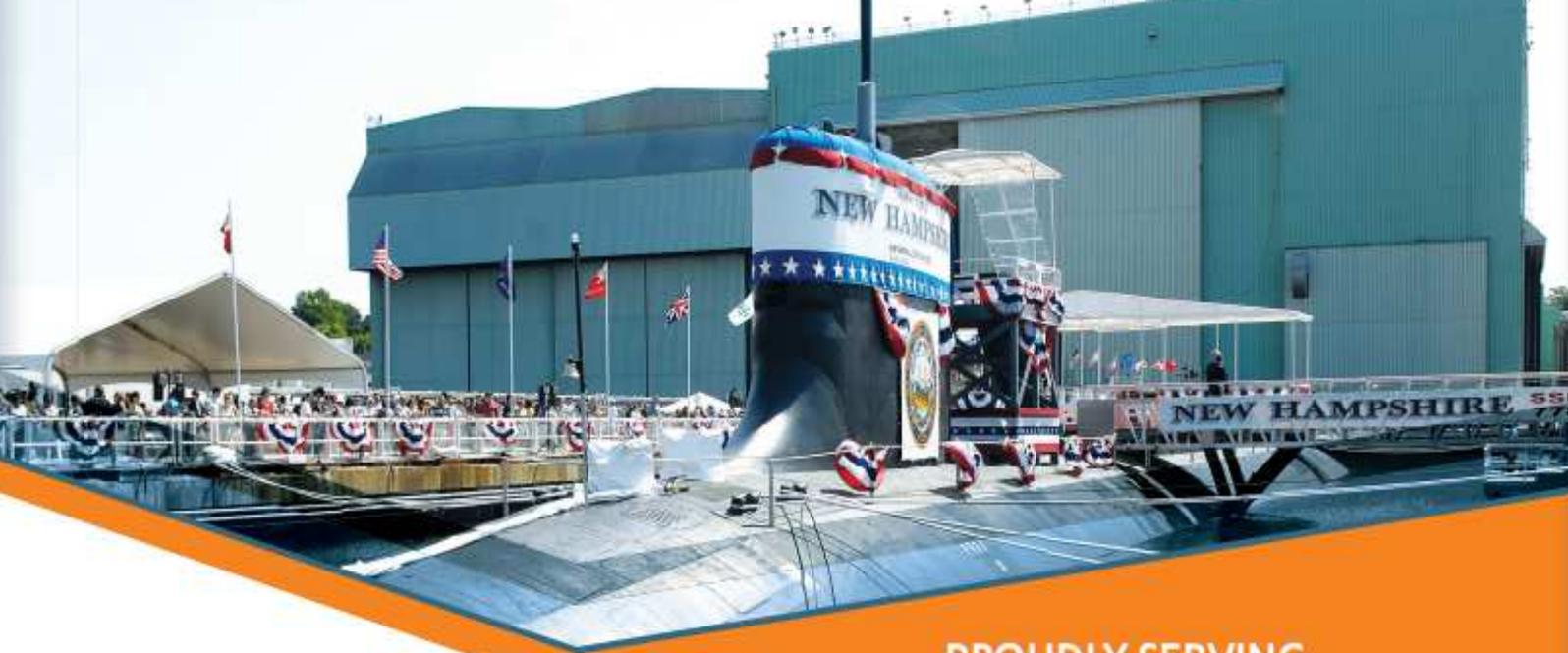
Richard L. McCombs - President / Business Manager

EB Optical Shop - [ebopticalshop@gdeb.com](mailto:ebopticalshop@gdeb.com) 860-433-6934

STREET SIDE DOOR - open to employees, retirees, family members and contractors. Wed & Thurs -8 am.-330 pm. (closed 1-130 pm.)

1st & 3rd Saturday of Each Month - Closed

SHIPYARD SIDE - open to badged employees and contractors. Tuesday - 7 am.-430 pm. (Closed 1-130 pm) Friday - 6 am-130 pm.



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\*The one-time \$200 bonus will be awarded after the account has met required conditions for three consecutive months within a six-month period from account opening. This offer applies to new memberships or existing memberships that qualify for the account with a new direct deposit. The \$200 Bonus is considered dividends and will be reported on IRS Form 1099-DIV. This offer may be withdrawn at any time.

\*\*APY = Annual Percentage Yield. The EB Checking Account is a "Split Rate Tiered" account for General Dynamics Electric Boat employees who qualify for membership. Proof of employment may be required. 3.00% APY is paid on balances up to \$10,000. Balances over \$10,000 earn 0.25% APY. All Charter Oak foreign ATM fees will be rebated. Surcharge fees charged by other financial institutions or networks will be rebated up to \$9.99 each to a maximum of \$20 a month and rebated at the end of the month. The default APY of 0.09% will be applied to all tiered balances if account conditions are not met and ATM fees will not be rebated. Rates are variable and can change at any time. To earn the stated APYs your account must have e-Statement, Online Banking, 10 Debit Card transactions posted per month (excluding ATM transactions) and have a Direct Deposit of \$2,000 or more posted in each calendar month. Existing checking accounts are not transferable to an EB Checking Account. Existing members may open a new EB Checking Account under their existing account and must meet the account conditions to qualify. Only one EB Checking Account, Sun Checking Account or Go Checking Account per qualified member number. APY effective May 15, 2023. This offer may be withdrawn at any time.



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Celebrating our 25th year  
supporting Electric Boat  
Retirees!!

**Beacon**

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AN ALERA GROUP COMPANY

Call our office today  
for more information  
at 1.888.484.0414 or  
email us at  
[info@beaconmedicare.com](mailto:info@beaconmedicare.com)

## SPECIAL INVITATION

Beacon Retiree Benefits Group invites  
Electric Boat Retirees to participate in a  
special Medicare Medical & Prescription  
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## PROGRAM DETAILS

- This special group program is **ONLY** available to **Medicare eligible Electric Boat retirees and spouses.**
- This program was created in 1999 by your friends at the MTC, the MDA, Carpenters Union and the RSEA.
- Over 2,500 retirees & spouses participate!
- All plans, rates & benefits are the same in all 50 states!
- There are no individual plans comparable to these unique group options.

## EDUCATIONAL SESSIONS

Morning sessions start at 10AM  
The Hilton Mystic Hotel, Mystic CT  
Wednesday, December 6, 2023  
Wednesday, February 7, 2024  
Wednesday, March 6, 2024

Late afternoon sessions start at 4PM  
Great Neck Country Club, Waterford, CT  
Wednesday, February 21, 2024

**Refreshments will be served!**

To reserve your seat, call us at  
1.888.484.0414 or email us at  
[RSVP@beaconmedicare.com](mailto:RSVP@beaconmedicare.com)



## Local 777

I hope everyone had a safe and happy holiday shutdown. This will turn into a very busy year, with the Company wanting to deliver 3 boats to the Navy . The new vacation hours start as of the first, and our 5.4% pay raise goes into effect on February 18th.

The following is a current list of area Stewards by shifts:

First shift- Paul Grohocki, Greg Noyes ,Ray Veasey Jr., Mark Lewis, Rodney Manning, Joe Correia, Mike Biondi

Second Shift – Scott Williams

Third Shift – Mike Finnegan

All shifts – George C. Nowosielski - Business Agent/ Chief Steward

We are also experiencing a shortage of instructors, which is resulting in qualification classes being held up, which affects pay increases. Anyone wishing to become an instructor, please get your name to any steward or your department administrators,



## Local 614

Hello Brothers and Sisters;

The new year is upon us. I hope we all have a prosperous year. We will be getting our 5.4% raise on February 18th. If you have any “floaters” left, please use them by February so you don't lose them.

We will have new Boilermaker hoodies in early January. We will have 2 types. A pullover or zipper. They will be black with the International symbol on the back and a submarine with Local 614 on the front. Both with white lettering. Also, there will Solidarity in red going down 1 sleeve. These are good quality. The pullovers are priced at \$60 and the zipper will be \$70. The Union will cover ½ the cost. The Stewards will be going around to take your order.

The new 2024 Calander books are out. Ask a Steward for one or stop by the Union hall.

We have started having an informational Union meeting for our members on the 2nd Wednesday of the month. The day after our regular monthly meeting. The meeting will start at 7:00 am. See you there.

Sincerely;  
Patrick Joyce  
President



## Signs of a Heart Attack in Women

Did you know heart disease is the leading cause of death and disability in women in the United States?

1 in 9 women between 45 to 64 years old develop symptoms of some form of cardiovascular (heart) disease. After age 65, this increases to 1 in 3 women! This is linked to the decreasing levels of heart protective effects of estrogen that drop off with perimenopause and menopausal states. However, heart attacks can occur at any age, and it is important to be aware of the different symptom's women may experience.

While women may experience the classic signs of a heart attack, women are more likely than men to present without chest pain. Chest pain remains a common symptom in both men and women, but women often experience unusual signs of a heart attack. Here is a list of signs that women may experience:

- Back pain/discomfort
- Stomach pain
- Nausea
- Dizziness
- Neck pain/discomfort
- Trouble breathing
- Lightheadedness
- Jaw pain/discomfort
- Sweating
- Fatigue

It is very important to pay attention to these symptoms, especially if they occur during exercise or physical activity, or if you are experiencing these symptoms continuously. In some cases, heart attacks in women can be silent, showing no noticeable symptoms. Women that have a history of heart disease or have risk factors for a heart attack (high blood pressure, high cholesterol, diabetes, smokers, unhealthy lifestyle) should be especially cautious!

Regardless of age, keeping up with a heart-healthy lifestyle (exercise, healthy diet, and regular health check-ups) are key to preventing heart disease and decreasing the risk of a heart attack.



**Schedule a visit to get started.**

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

Electric Boat Family Wellness Center & Pharmacy

32 Chicago Ave., Groton, CT 06340

Monday – Thursday, 7 a.m. – 6 p.m.

Friday, 6 a.m. – 5 p.m.

Saturday, 8 a.m. – 1 p.m.

(860) 629-8272

**Extended hours available!**

### Who can use these services?

The Electric Boat Family Wellness Center is available to all EB employees and family members ages 2+ enrolled in an EB medical plan.

ELECTRIC BOAT

**Family WellnessCenter**

Operated by Premise Health

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# EXPRESS SCRIPTS IS YOUR NEW PRESCRIPTION DRUG ADMINISTRATOR IN 2024



## EXPRESS SCRIPTS®

If you are enrolled in an Electric Boat medical plan, it comes with prescription drug coverage through Express Scripts starting Jan 1, 2024. Prime Therapeutics will no longer be your prescription drug administrator.

- All UnitedHealthcare medical plan enrollees will receive an Express Scripts welcome letter and new ID card in the upcoming weeks.
- After January 1, 2024, when you pick up your regular prescription or fill a new prescription at your pharmacy, you'll need to update your insurance information using your new ID card.
- Most specialty or mail order prescriptions with available refills and prior authorizations will be transferred to Express Scripts.\* If you are taking a specialty or formulary medication, you will receive a letter from Express Scripts with next steps.
- Specialty medications will need to be filled through the EB Family Pharmacy or Accredo Specialty Pharmacy beginning in 2024.
- The EB Family Pharmacy will remain in-network and will almost always be your best choice for cost. Don't forget- they can mail your prescription to your home.

*\* Some medications such as controlled substances or compounds will require a new prescription.*

Visit [express-scripts.com/general-dynamics](https://express-scripts.com/general-dynamics) to view the formulary, locate a pharmacy, and access other useful tools. You can also call 877-799-5783 with questions.

Happy New Year ,

# Insurance Update

We have a new prescription drug Administrator for 2024 . Express Scripts. The information is listed on the previous page.

**IMPORTANT** - Your new card will only have the primary policy holders name on it. If you need more than one card you can call or email Express Scripts. The phone number and email is listed on the previous page.

Thank you,

Janet rr

## MTC Safety Report

Painters - Boilermakers - Electricians - Laborers  
Machinists - OPEIU - Pipefitters - Teamsters

### OSHA ALERT

#### Working Safely in Cold Weather

Winter weather can expose outdoor workers to frostbite, hypothermia, and cold stress, all of which can be fatal. It is important to know the wind chill temperature to better [prepare](#) and perform the work safely.

Follow these work practices to stay safe in cold weather:

- Know the symptoms of [cold stress](#); reddening skin, tingling, pain, swelling, leg cramps, numbness, and blisters.
- Dress properly; wear at least three layers of loose-fitting clothing, insulated gloves and boots, and cover your head.
- Monitor your physical condition and that of your coworkers.
- Stay dry and pack extra clothes; moisture can increase heat loss from the body.
- Take frequent breaks in warm, dry areas.
- Drink warm liquids.

For more safety tips, visit OSHA's [Winter Weather](#) page.

OSHA's [On-Site Consultation Program](#) provides no-cost and confidential occupational safety and health compliance assistance to small- and medium-sized businesses. Consultation services are separate from enforcement and do not result in penalties or citations. The [OSHA Training Institute Education Centers](#) offer courses for workers, employers, and managers on hazard recognition and abatement at convenient locations nationwide.

*OSHA alerts are issued on occasion to draw attention to worker safety and health issues and solutions.*



• [osha.gov/winterweather](https://www.osha.gov/winterweather) • 1-800-321-OSHA (6742) • [@OSHA\\_DOL](https://twitter.com/OSHA_DOL) 

Sean Banks  
1st Shift  
860-326-4832

Derek Wilcox  
1st Shift  
860-326-4729

Jim Palmer  
1st Shift  
860-326-4341

Bill Zaks  
2nd Shift  
860-326-4353

Safety Office  
860-433-2811

Metal Trades  
860-445-6383