

# Medicare Advantage

## Is it Right For You?

In our last newsletter, we covered the basic components of Medicare, including Parts A, B, and C. Since Medicare Advantage plans (Part C) offer at least the same level of benefits as Original Medicare (Parts A & B), you may be unsure about which coverage option is best for you. Ultimately it comes down to personal preference. Here are a few key details about Medicare Advantage to help you decide.

Medicare Advantage plans:

- Offer convenience because they are “bundled.” This means while they always include coverage for the same benefits in Parts A & B, they may also provide coverage for additional benefits such as dental, vision, hearing aids, and prescription drugs.
- Are offered by private insurers – who set your premium costs and the cost-sharing provisions (your copayments and coinsurance). This may save you money – premiums for some Advantage plans are \$0.
- Use regional networks, compared to the national network for Original Medicare. This means your care may not be covered outside of your region unless it is an emergency. Also, if you wish to keep your doctor, you should confirm that they participate in the plan you are considering.
- Use a smaller provider network than Original Medicare to save on costs – and therefore may require preauthorization and physician referrals for certain services.

Your Medicare options may seem confusing or overwhelming, but don't forget that help is available. The [Medicare.gov](https://www.medicare.gov) website is a prime resource for unbiased information. To speak to someone in person, many states and counties have agencies dedicated to providing free counseling and assistance to seniors on available health insurance options; check with your municipality to learn about local resources near you.

## Learn more about Medicare Advantage

Medicare.gov is the official U.S. Government site for Medicare. Go to [www.medicare.gov](https://www.medicare.gov) to become familiar with the guidelines for entering and leaving Medicare Advantage plans as well as how to enroll. For anyone approaching decisions about health care in retirement, this site can help you learn more about Medicare Advantage and whether it is right for you.

# Locating Missing Pension Plan Members

## Requesting Your Help

There are individuals who have not kept the Plan Administrator informed of their current address. These individuals may have formerly worked as regular employees for ABC in a NABET-CWA-represented position and may be entitled to a pension benefit from our ABC-NABET Pension Plan but are not claiming any benefit. If you have information about anyone on this list of missing pension plan members, please contact Steve Van Duyne at (215) 483-6000 or at this address: Fabian & Byrn, 400 Franklin Avenue, Suite 135, Phoenixville, PA 19460. Thank you for your help with this.

William Aiken (NJ)  
Armando Arriaga (CA)  
David Aude (FL)  
D Babcock (CA)  
Laurel Bossi (CA)  
Eric Burns (IL)  
R Caccamise (NY)  
Jacklyn Conway (CA)  
Ricky Cottingham (IL)  
Barry Drake (CA)  
Mario Gonzalez (CA)  
Rawn Hairston (GA)  
Roger Harris (TX)

Kathy Holland (NJ)  
Victoria Hunter-McKenzie (NY)  
Eugene John (CA)  
Barney Kaelin  
Gregory Koch (IL)  
Lisa Kucukdogerli (CA)  
Ronald Ladd (CA)  
Gerardo Lago (PR)  
Zoa Martinez (NY)  
Mark Massey (CA)  
Donald McCroskey (CA)  
Israel Meir (NY)

M Mezquida (NC)  
Kevin Plumb (NJ)  
G Ramirez (CA)  
Frank Rice (IL)  
Rhonda Ruggiero (CA)  
Alfonso Smith Jr. (CA)  
Melissa Smith (NY)  
A Vanhoven (NY)  
Phillip Wayne (CA)  
Jack Webster (CA)  
Sandra York (NJ)

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# Resource

## The ABC-NABET Retirement Trust Plan Newsletter

This issue of Resource focuses on how to better understand the value of your pension benefit and a follow-up article on preparing for medical care in retirement years. Also included are tips on staying fit through exercises and physical activity across ages and the health benefits in the later years of life.

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## How Much Is Your Pension Worth?

### *Calculating The Value*

Your ABC-NABET Pension Plan is likely a critical part of your financial future, along with any savings plans, Social Security, and personal savings. There is stability and certainty for you because a pension plan provides a **monthly payment for life**, guaranteeing some income when other sources may run out! So, it's important to understand the plan and how it works in order to appreciate the value.

One way to grasp the importance of your pension benefit is to ask yourself: How much money would I have to save on my own to get the same value as my pension benefit?

To illustrate, let's take the example of a pension benefit that pays \$4,500 per month starting at age 65 and continuing until death. If you live to age 78 – about the average lifespan in the United States – you would have to save \$520,889 by age 65 to get that same value. But what if you live longer – to 90, or 95, or even 100? Obviously, you would have to save a lot more! For example, if you lived to age 90, you would have to save \$781,532 by age 65 to get the same value as that lifetime benefit of \$4,500 per month. And that is the point: No matter how much you save, the money can potentially run out when compared to a lifetime pension. Note that the amounts shown here to save assume earnings of 5% a year on your savings.

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### Review Your Pension Benefit

Visit the pension estimator at [www.abc-nabetpension.org](http://www.abc-nabetpension.org) to model your benefit at various retirement ages and dates. You can review your personal pension information and also compare your benefit under each of the payment options available.

# How Much is Your Pension Worth? *(continued)*

Next, let's consider several forms of payment you can choose when you apply for your ABC-NABET Pension Plan benefit and specifically the value to you in later years. If you are married, as you review your options, be sure to consider the income provided under various lifespan scenarios for you and your spouse. Planning for all possibilities will allow you to be confident you'll have sufficient income for whichever one of you outlives the other. If you are single at retirement, then you may likely choose the first form of payment, known as Single Life Annuity.

## Example

The following example shows a comparison of several benefit options available under the Plan. **This example uses a participant aged 65, with 35 years of service, a spouse aged 61, and a normal retirement benefit of \$4,500.**

Optional Form of Payment	A Monthly Benefit to Participant While Both Are Living	B Monthly Benefit to Spouse if Participant Dies First	C Monthly Benefit to Participant if Spouse Dies First**
<b>Options tied only to participant lifetime</b>			
Single Life Annuity	\$4,500	\$0	\$4,500
<b>Options tied to participant and spouse/beneficiary lifetimes</b>			
Qualified Joint and 75% Survivor Annuity	\$3,906	\$2,930	\$4,500
Joint and 100% Survivor Annuity	\$3,465	\$3,465	\$4,500
Annuity with 120 Monthly Payments Guaranteed*	\$4,095	\$4,095	\$4,095

\* If you die within 120 months of retirement, the remainder of 120 months of payments will continue to your surviving spouse or designated beneficiary, with no benefit after that.

\*\* Amounts shown assume a married participant with retirement date of 01/01/1999 or later. Otherwise, participant will receive amounts shown in column A.

You may wish to consult a tax advisor to make sure you understand how your taxes will change in retirement and to see if there are ways to minimize your taxes over time. Also, as a reminder, benefit payments from our ABC-NABET Pension Plan begin and are calculated based upon the first day of the month following the month in which a participant has fulfilled all the conditions for entitlement to benefits.

To find out the amount of your age 65 monthly pension from the Plan, visit the pension estimator at [www.abc-nabetspension.org](http://www.abc-nabetspension.org). You will also be able to estimate your benefit at various ages and under each of the payment options. While the Fund Office cannot help you decide which payment option of the plan is right for you at retirement, they can help you understand the different options and give you details about deadlines and required paperwork.

Benefits under the pension plan are a vital part of your future retirement income!



# Quality Of Life

## Staying Fit Through The Ages

The health benefits of regular exercise and physical activity can directly impact quality of life. Along with a healthy diet, regular exercise can build strength, boost energy, and even help decrease your risk of certain cardiovascular diseases. Quality of life is not just about looking good...it's about feeling good and being healthy for the long haul.

### By Age Group

The chronological age of an individual is not an automatic indicator of their quality of health. Each person's overall medical condition will vary. Therefore, choosing the types of exercise, as well as the intensity level and frequency, is best done in conjunction with a health care professional.

For the young, a regular dose of exercise can control body weight and create healthy bones, muscles, and joints. The early years are a time for developing a routine or foundation of physical activity, which can be a benefit later in life. The American Heart Association suggests one hour per day of moderate to vigorous kid-related activities such as bike-riding.

Adults are best served with a combination of endurance and cardiovascular exercises in order to preserve strength and fight against fat gain. The Department of Health and Human Services (HHS) recommends spreading activities throughout the week, and even small doses during the course of a single day will accumulate and provide health benefits. Specifically, for a given week, HHS proposes strength training (e.g., lifting free weights) two or more times and at least 150 minutes of moderate aerobic activity (e.g., walking, running).

Physical activity for older populations, the fastest growing segment, is vital for combating fatigue and weakness. The elderly face unique challenges such as risk of dehydration and being less adaptable to changing temperatures, increasing the need for health and safety awareness.

### Create an Exercise Routine for You!

Make plans to keep physically fit in retirement, getting the recommended amount of aerobic, strength training, and flexibility exercise suggested for your age and health. Websites like [www.verywellfit.com](http://www.verywellfit.com) include many exercise ideas and tips for seniors. Be sure to discuss any fitness plans with your doctor.

### Benefits For The Aging

The health status of an individual should always be considered with respect to exercise and physical activity. Exercise can pose particular risks for the aging population when there are cardiac problems or other pre-existing diseases such as emphysema or asthma. Input from a physician or certified personal trainer on a workout routine is strongly recommended. Consider these health benefits resulting from a well-rounded and consistent fitness plan:

- **Better mobility:** Falls are one of the leading causes of injury in people over 75 years old. Flexibility exercises can prevent falls by improving balance and building strength.
- **Reduced risk of heart diseases and some forms of cancer:** Studies have shown that physical activity by older individuals is linked to the prevention of hypertension, obesity, and abnormal cholesterol.
- **Improved pain management:** According to the Center for Disease Control, this can be accomplished with 150 minutes of moderate-intensity aerobic activity per week.
- **Maintain muscle mass:** Exercise routines should have some variety. Trying different types of exercises (see below) and varying the intensity of workouts can assist with this.

Exercise and physical activity can improve health and overall quality of life, increasing the chances of aging well!

### Four Types of Exercises – from the National Institute on Aging

1. **Endurance** – Also known as “aerobic” activities, these exercises keep your circulatory system healthy. Examples are brisk walking or jogging.
2. **Strength** – Often referred to as “resistance” training, these exercises make your muscles stronger and can help you long-term with climbing stairs. Lifting weights would be an example.
3. **Balance** – Standing on one foot and Tai Chi are examples of these exercises, which can help prevent falls.
4. **Flexibility** – These exercises stretch your muscles and give you freedom of movement. Yoga is an example.

A mix of the types of exercises shown here will yield greater health benefits for you. Remember to consult with your physician to confirm a workout regimen that is compatible with your body and health limitations.

