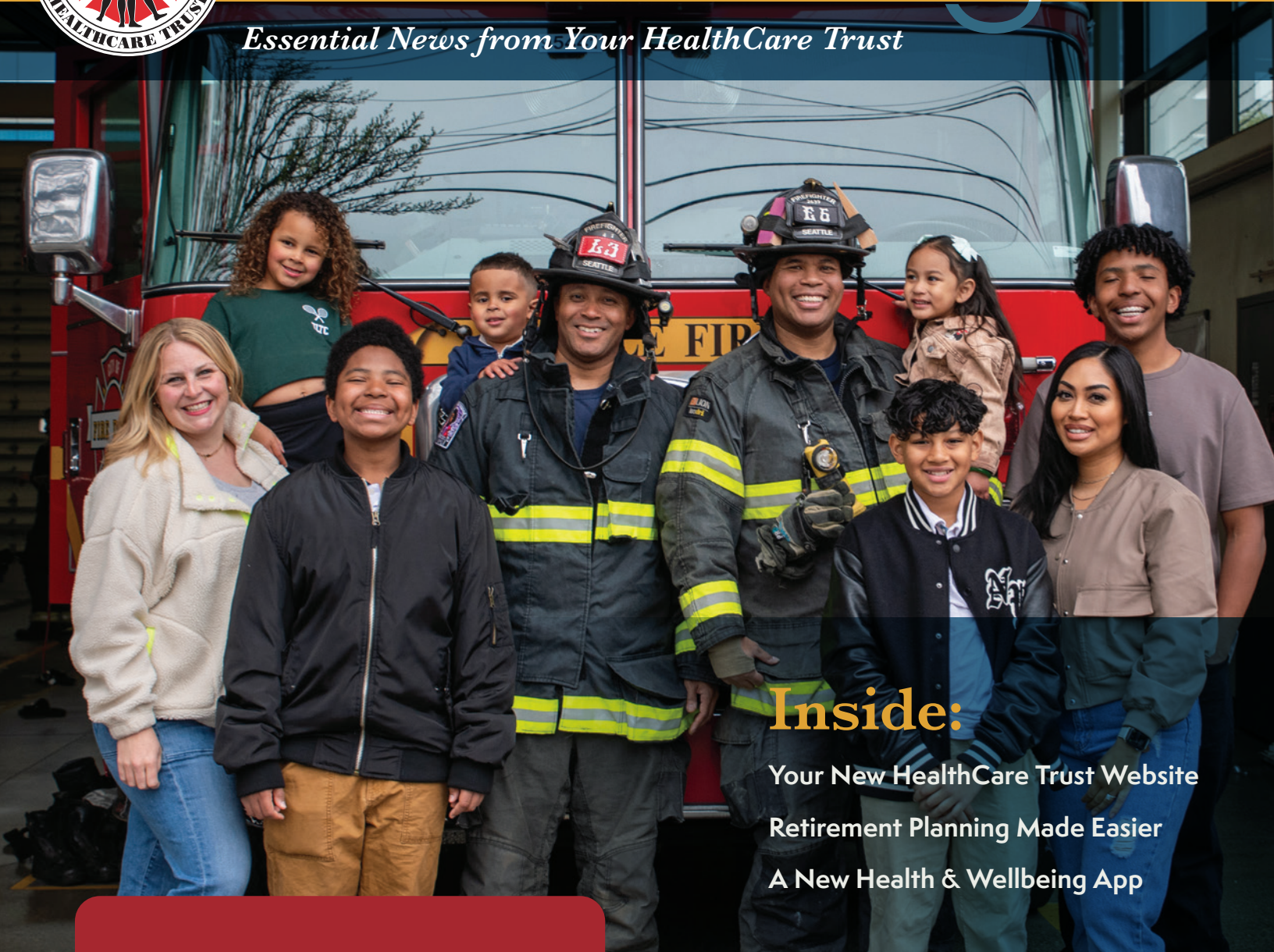




SPRING 2025

Vital Signs

Essential News from Your HealthCare Trust



Inside:

Your New HealthCare Trust Website
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Welcome!

This is the first issue of *Vital Signs*, a newsletter from your Seattle Fire Fighters HealthCare Trust about your health, benefits, and wellbeing.

Station 2 Clinic Reminder:

Don't forget to complete your Annual Fire Fighter Medical Exam (AFFME) before August 31st!



A New HealthCare Trust Website

Easier Access to Essential Healthcare and Retirement Information

Seattle Fire Fighters and their families now have a dedicated site for managing their healthcare and retirement benefits with the launch of **SFFHealthCareTrust.org**. Designed for simplicity and efficiency, our new online information hub ensures quick access to essential resources, making it easier for you to focus on your health, wellbeing, and future security.

Best of all, fire fighters don't need to create a new account to access the site. They can log in with their existing IAFF27.org credentials. Spouses/partners will need to create a new account, but it only takes a minute.

Teamwork in Health & Wellness

Fire fighters don't face challenges alone, and neither should their families. The website is also designed for spouses and partners so they can use the wide range of resources, supporting a team approach to medical, behavioral health, and retirement planning.

This new platform isn't just about convenience; it's about empowerment. With a user-friendly design, intuitive navigation, and a focus on teamwork, the website ensures fire fighters and their families have the support they need at every stage of life.

Visit SFFHealthCareTrust.org today and take charge of your health, wellness, and retirement!



What's New on [SFFHealthcareTrust.org](https://SFFHealthCareTrust.org)?

The site is organized into dedicated sections, making it easy to find relevant information:

- **Medical**—Access benefit details, coverage information, and essential healthcare resources.
- **Wellness & Prevention**—Discover tools for maintaining physical and mental wellbeing.
- **Station 2 Offerings**—Explore specialized resources designed specifically for fire fighters.
- **Guide to Retirement**—A comprehensive online guide to help plan for every stage of retirement.
- **News & Podcasts**—Stay informed about the latest updates and expert discussions.
- **Documents & Forms**—Quickly locate necessary paperwork to streamline processes.



Retirement Planning Is Now Easier Than Ever!

If you're like most of us, you probably believe that retirement planning is something that you only need to think about when the end of your career is in sight. Nothing could be further from the truth. The secret to a satisfying retirement is getting started early! Our newly updated retirement guide makes it easier than ever for you to plan your retirement, keep track of your progress toward retirement, retire from the service, and use your retirement benefits.

The new guide is divided into six easy-to-navigate sections that walk you through saving for retirement to your retirement day and beyond. There's also information on dealing with injuries, illnesses, and disability, including workers' compensation and long-term disability.

Visit the **Retirement section** of our newly updated website to get started.

Better Mental Health in the Palm of Your Hands

Introducing the Armor Up America App

The new Armor Up America app for iPhone and Android smartphones is now available. The app is your first stop for the full suite of behavioral health services and benefits your HealthCare Trust provides you and your family members.

Inside the app, you'll find a comprehensive range of support services from Armor Up America and Youturn Health, including access to a peer-staffed crisis call-line service. You'll also find a library of short health and wellness videos for first responders, including videos on the complex behavioral and mental health issues fire fighters often deal with, such as addiction and substance abuse and relationship support.

"We believe that if you use peers, if you use other first responders, train them, and supervise them, they are a force to reckon with when it comes to helping people."

— Rich Jones, Chief Clinical Officer, Youturn Health

Your family will also find content to meet their unique needs, including courses on topics such as living with a spouse with substance abuse problems and going off to college. Not sure where to start? The app includes self-assessment tools that guide you to the content and support that's right for you.

The Armor Up America app meets all HIPAA guidelines for confidentiality and security. Nobody, not even the app developers, can access the self-assessments and other information you enter into the app.

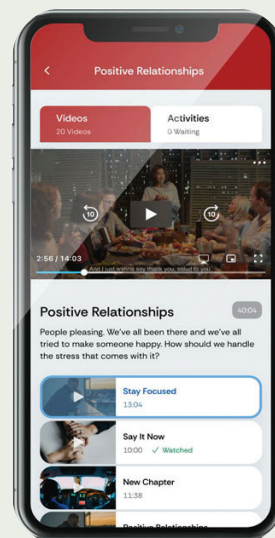
Designed with Sean Riley, the founder of Safe Call Now®, the Armor Up America app is a game-changing new tool for first responders. The path to better mental health and wellbeing is in your hands!

Give the new Armor Up America app a try, and let us know what you think!



Download the Armor Up America app for iPhones and Android smartphones now!

Check your app store



Sign in with code: **iaff27**



Seattle Fire Fighters HealthCare Trust
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Health and Wellbeing is a Family Affair

You may have noticed we are making a big push to engage members and their spouses/partners in learning about our new website, updated resources, and benefit programs. Research shows that health and wellbeing is a family affair. Families who work together to address health and wellbeing issues have better outcomes: fewer serious health issues and longer lifespans.

We know that being a fire fighter can be challenging—for you and your loved ones. That's why we encourage you to ensure your spouse/partner can access our website, use the online resources, and take full advantage of the benefits you're entitled to. Your HealthCare Trust is here for you and your family.

Enhanced Massage Benefit for Regence Plan Participants

If you're enrolled in a Regence plan, you and your dependents can now enjoy a new massage benefit. Due to the limited availability of in-network licensed massage therapists, we've improved coverage when using a non-participating provider. While in-network services still offer the lowest out-of-pocket costs, this enhanced coverage means you'll be reimbursed more when using a non-participating provider or a therapist who doesn't bill insurance directly. Check the HealthCare Trust website for details.

