

BENEFITS QUARTERLY NEWSLETTER: SPRING 2026



FIDELIO: YOUR NEW DENTAL NETWORK

Exciting news! Fidelio Dental Insurance is now available for all Fund members. Fidelio offers a wide array of services, including:

- Increased access to providers
- Increased benefits
- Live, local customer support
- Online portal access

With Fidelio, Fund members can enjoy enhanced dental coverage, making it easier than ever to manage oral health with confidence!

Visit www.fideliodental.com or call 215-885-2443 for more information.



YOU DON'T HAVE TO NAVIGATE CANCER ALONE

A cancer diagnosis can feel overwhelming. Healthcare systems can be hard to navigate, and questions arise after you've left the doctor's office. CancerNavigator is here to help! CancerNavigator guides patients to experienced cancer specialists that are best suited for their specific diagnosis. Members work one-on-one with oncology-certified nurses who answer questions, explain options, and make the healthcare system feel less overwhelming. Having the right information and support matters. Visit www.cancernavigator.com/1776 for more information.

*Certain restrictions may apply. Your enrollment is subject to your continued eligibility for benefits and all other Fund rules.

Walton Campus – 3031B Walton Road – Plymouth Meeting, PA 19462 **Phone:** 610-941-9400 **Fax:** 610-941-9602
www.ufcw1776benefitfunds.org



TAKE CHARGE OF YOUR HEALTH

Kidney cancer affects hundreds of thousands of people worldwide. Understanding your risk factors, staying informed, and taking a proactive approach to your health can make a meaningful difference. When detected early, treatment options are often more effective, and outcomes are significantly more positive.

Know your risk factors:

- Age: More common in adults over 45 years old
- Smoking: Tobacco use increases your risk
- Obesity: Maintaining a healthy weight decreases risk
- High blood pressure: Manage through diet, exercise, and medication If prescribed

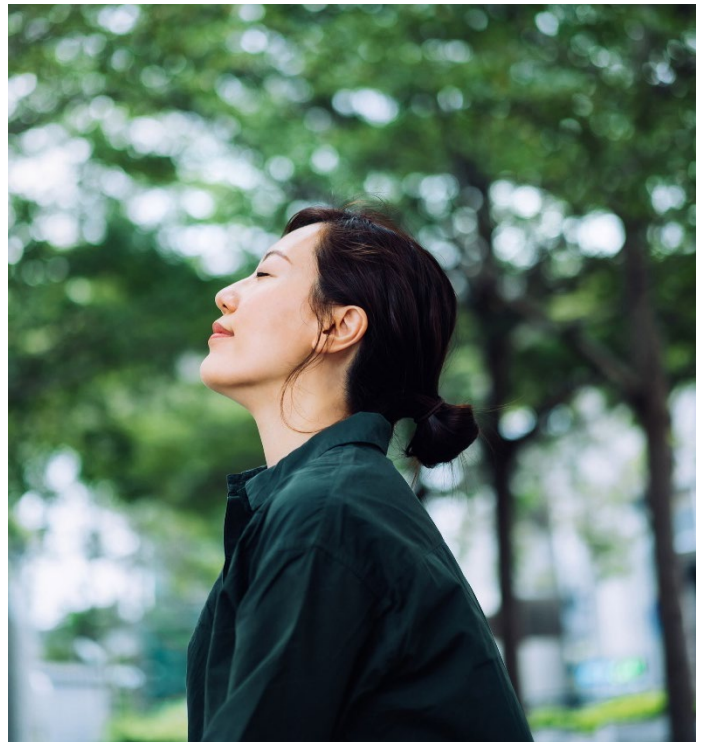
Visit www.cancer.org to learn more about your kidney health.

SPRING ALLERGY GUIDE

Seasonal allergies can make Spring challenging, but small habits can help manage your symptoms and keep you feeling your best.

- Shower and change clothes after being outside to remove pollen from hair and skin, reducing exposure throughout the day
- Use air purifiers to help lower indoor allergens such as dust, mold, and pet dander
- Identify your triggers to avoid flare-ups and stay more comfortable as pollen levels rise

Visit www.mayoclinic.org to learn more.



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