

The younger you are, the cheaper Healthcare 99 is
and with fewer or no pre-conditions.
Good reason to join Healthcare 99 today and future proof.



WELFARE NEWS



Contact Details

August 2019

www.firefighters.org.nz

thesecc@firefighters.org.nz

Chairman



Keith Nixon
Cell 027 24 80 102
Home (04) 563 6507
keith.nixon@firefighters.org.nz

Secretary



Darrel Surman
Cell 021 685 010
thesecc@firefighters.org.nz

Treasurer



Bruce Jensen
Cell 027 777 9461
Addsmart Ltd (04) 568 2800
bruce@addsmart.co.nz

Office



Avalon TV Studio
41 Percy Cameron Street
Office 0800 65 3473
Email thesecc@firefighters.org.nz
Web www.firefighters.org.nz

Region 1



Darryl Johnston
Blue Watch
Cell 021 321 507
Home (09) 817 7275
Work (09) 836 2716
darryltj@hotmail.com



Region 4



Erroll Tapiki
Blue Watch
Cell 027 286 6194
Work (04) 577 8380
erroll.tapiki@fireandemergency.nz



Region 2



Jenna Collings
Brown Watch
Cell 027 426 6047
jenna.collings@fireandemergency.nz



Region 5



Alice Jonathan
Green Watch
Cell 021 025 68505
alice.jonathan010@gmail.com



Region 3



Noel Brock
Black Watch
Cell 027 449 8180
Home (06) 844 7702
Work (06) 834 4245
noel.brock@gmail.com



Region 6



Kris Kennett
Green Watch
Cell 021 084 55486
kris.kennett@fireandemergency.nz



UPDATE ON HEALTHCARE 99

Those who are members of our Healthcare 99 will be aware of the commitment the Trustees have to providing an excellent Healthcare product to all our members.

We are A FENZ recognised healthcare provider.



The Trustee is very aware of keeping costs to a minimum. Our Healthcare 99 is a not for profit scheme. The Trustee has an obligation to keep the scheme viable for our members, unfortunately this means annual increases.

Every year we have an Actuarial report completed for Healthcare 99. The Actuaries are experts that investigate the product we offer and compares with those similar in the market place. It then calculates what the cost will be going forward to continue the level of service we provide to our members.

This year the actuarial has recommended a 10% increase across all age bands and all options. This is a substantial increase that was not taken lightly by our Trustees. To keep our Healthcare 99 plan viable and in a position to pay for Healthcare needs for you and your family this increase will come into effect in October 2019.

The Healthcare committee have asked Aon our Administrators to initiate a process of paying hospitals directly for operations. We feel this will lessen the financial burden on our members and make claiming and reimbursement a simpler process. We will be updating on our Web site when this is to be rolled out to our members and any new initiatives going forward.

This year we will not be posting our Members the Healthcare 99 Brochure – If you wish to check what your new Contributions rate will be in October, please visit our website. Under the Healthcare tab you will be able to view this document.

If you wish to continue your membership with Healthcare 99 you need to do NOTHING. If you wish to DISCONTINUE your membership, please advise in writing to:

- thesecc@firefighters.org.nz, or
- post to NZ Firefighters Welfare Society, Private Bag 31999, Lower Hutt 5040

Thank you to all of those who still continue to support Healthcare 99. If you are interested in joining Healthcare 99:

- please contact the office 0800 653473 or
- visit our website.
- use join up feature on our app

DUNEDIN FIRE STATION



Notice: Welfare AGM 2019

18 Sept 2019
1500 hours - AGM Starts
A light afternoon tea & refreshments will be provided

Dunedin City Fire Station
Social Hall
85 Castle Street
DUNEDIN

RSVP kris.kennett@fireandemergency.nz for catering purposes.

Notice: Trustee Election 2019

Voting to take place on 18 September 2019
at the AGM Meeting starting at 15.30 hours
Dunedin City Fire Station, 85 Castle Street, Dunedin
Nominations close Friday Noon, August 30, 2019.
Nomination Form available on website for download:
www.firefighters.org.nz/printable-forms.html

Notice: Office Closure

Our office will be closed from Tuesday 17 September 2019 and reopening Monday 23 September. During this time our Staff and Board will be in Dunedin for our AGM and quarterly Board meeting. A big thank you to Dunedin City Station for offering to host our AGM.

We will endeavour to answer emails and will have the office phone diverted to a cell phone during this period. If you require urgent assistance please contact the local Representative. Their details are listed above.

firefighters helping firefighters and their families - awahi atu awahi mai ō rātou whānau

TALKING THE BIG C

Stephen with Kevin



External Radiation Beam Therapy

Cancer is often called the Big C. It is something we all have heard of and likely know someone who has or is suffering from it. It is a terrible condition if discovered too late and can tear family's apart. To add to this firefighters are at a higher risk to some cancers as a result of what they do. I caught up with Kevin Crume from FENZ Carcinogen Control.

The PFU & UFBA have been pushing for legislation change around support and accountability. Kevin asks the question, can we go one step further and reduce the risk we face. The answer simply is yes.

Kevin has a couple simple recommendations we can do now:

- Stay out of smoke if possible, and always protect your lungs if not. BA is the best. APR and P2 dust mask are far better than nothing if you accidentally find yourself in smoke.
- Use cleansing wipes (e.g. baby wipes) to clean your skin straight away if you've been in smoke.
- Wear light-weight cotton pants and t-shirt (Level 1's or equivalent) under Level 2's to structure/car fire calls. This additional layer drastically reduces deposition of carcinogens on the skin.
- Wear a P2 dust mask as soon as you take off your BA mask when exiting a fire. Your lungs are vulnerable to the particulates and off-gassing that comes off of your gear when you immediately exit a fire.
- Take steps to improve your overall health. Studies show that 40% of cancers are due to modifiable risk factors e.g. diet, exercise, and sleep.
- Do not smoke cigarettes, and limit alcohol intake. Both are well-known carcinogens.

Are you aware September is also Blue September, Prostate Cancer Month. New Zealand men generally don't like to see Doctors and love the she'll be right attitude. It is also a great reason to get a check-up. It might be haemorrhoids, it might be nothing and it might just save your life.

STEPHEN CLARKE - SALES

The Firefighters Welfare Society is your organisation, to help each other, to support each other and look out for each other. A number of you have been members from the beginning of this organisation. You are happy giving your "donation" knowing it helps your mates. We thank you for this but we ask for more.

Your membership goes a long way for us to be able to help others. Simply by talking about us or looking up what we do, you will help us. Like anything in life, you often forget things until they are really needed. If you make a conscious effort to think about us, the unseen may become a little more visible.

1. Do you know who your Regional Rep is?
2. Do you know who your station Rep is?

What we do is often unseen and often small but can make a real difference. If you had a loved one in the hospital in a bigger city for a short 6 hours stay. This could be adding up to \$40 in parking alone. Let's say you're taken by ambulance and are charged the \$98 for this privilege too (You may even get the bill before you arrive home). Close to \$150 that just adds to the stress or challenge of having to be in the hospital. These are just two of the benefits you can claim back from us. This takes some of that financial burden off you.

We are really pushing the envelope trying to get out to volunteer brigades and encourage membership for all FENZ personnel. Anything you can do, as small as it is, to help us out there to encourage membership helps. The more people we have the more we can do for you and your family.

Where we have been this quarter

Over the last few months, we have been out again, talking to brigades. We have had a few brigades who have decided to use their brigade funds to pay for their personnel's membership. This is real recognition of the value we add to help and support our personnel. It also ties into the understanding the officers around looking after their crews. Whether it's chatting to your mate after an event, watching out for warning signs or joining the welfare society.

We also had the chance to talk at the Rural Recruit course at Inglewood. This is the first time we have been able to present at a recruits course. The response was fantastic to see a number of our new rural personnel get an understanding of what we stand for. It is one of the first steps to build brand awareness in the rural space.

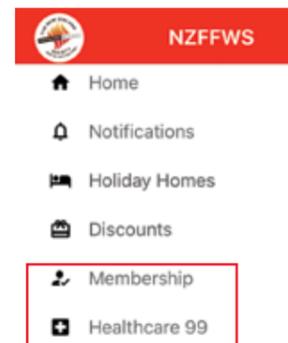
If you think you can support us getting our message out particularly in the Rural and Volunteers space please get in touch with me.

Stephen@firefighters.org.nz

WELFARE APP UPDATE



If you do not have our App on your mobile device, go to the Apple Store for apple products or Google Play for android products and search for NZFFWS. If you are a user make sure you have the latest version released in early August 2019, version 4.0.



The latest version adds the ability to claim online for a benefit that requires the BA1 Form. You can also check what your contribution rate would be if you join Healthcare 99. If you submit your quote the office will contact you with how to join Healthcare 99.

The BA1 form can be found under Membership in the main menu.

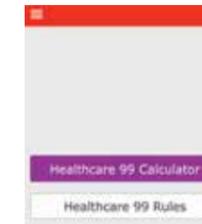


If you are a member, the button "BA1 Form" will be live. All you need to do is fill in the fields that appear; Membership Number, Last Name, Email Address, First Name, Type of Benefit etc.

The screen shots here are from the beta version. There will be a field added in the final release that will allow you to take a photo of any invoice/documentation that is required or add a document from your Photo Album.

Be sure to tick that you agree to the terms and conditions which replaces the need to sign the form. Also tick the box that you are not a robot.

We are hoping this feature will make it easier and quicker to claim for anything that requires the use of the BA1 Form.

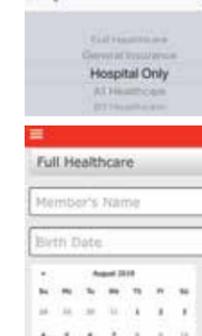


Click on the Healthcare 99 menu and you will have the choice to read the Healthcare 99 Rules and Rates Brochure located on our web site. Or you can use the Healthcare 99 Calculator to determine how much your contribution rate would be. Clicking the submit button sends an email to the office. The

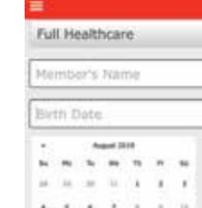
Office staff will then contact you with an application form. If you don't wish to join don't click on the submit button.



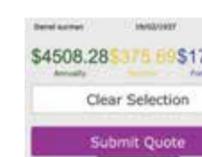
Choose the Healthcare Option you wish, Full Healthcare (Option A) or Hospital only Option from the wheel at the bottom of the screen. Fill in your name and your Birth Date. Click on Add Member.



When you put in your birth day you can use the calendar that will pop up or if a keyboard comes up you can type in Month/Day/Year using this format 00/00/0000.



The cost of your plan will appear in three formats, annual rate, monthly rate and fortnightly rate.



The cost that appears in the graphic below is the highest you will ever pay as these are my results and I am well over 70 years of age.

These graphics are from a beta version and could change slightly for the final release of this App.

HEALTH AND WELL BEING

Now that we have passed the shortest day, it will not be long until we see the beauty of Spring changing our environment. Take the time in your busy lives to notice and admire your surroundings.

Take time also to reflect on the relationships in your lives and the connections you have. Connections are what give us purpose and meaning to our lives- it is why we are here and is our number one form of support.

To have connections we need to be vulnerable, to open ourselves up. To have a sense of worthiness, love and belonging, we need to believe in it, to have courage, to tell the story of who we are. Being vulnerable, is the birthplace of joy, love, creativity and meaningful relationships. I encourage you all to treasure the relationships you have and take the first step to foster new connections.