

Jan 2023	Feb 2023	Mar 2023	Apr 2023	May 2023	Jun 2023	Jul 2023	Aug 2023	Sep 2023	Oct 2023	Nov 2023	Dec 2023	Jan 2024	Feb 2024	Mar 2024
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[Front Cover](#)

[Phone Numbers](#)

[Medical Coverage](#)

[Prescription Drugs](#)

[Rear Cover](#)



Local 351L



2023—2024

1&2

IMPORTANT PHONE NUMBERS

PSC	psc.lifeatworkportal.com	877 - 435 - 7868
REED GROUP	Fax # 518 - 880 - 6884	844 - 391 - 6672
MEDIMPACT	medimpactdirect.com	855 - 873 - 8739
MELS	Employee Life Services	800 - 537 - 5221
METLIFE	Dental Plan	800 - 942 - 0854
VSP	Vision Plan	800 - 877 - 7195
Blue Cross/Blue Shield	Health Care	800 - 334 - 9041
Michelin Help Desk	mypassword.michelin.com	844 - 352 - 5093
Plant Security		205 - 391 - 6261
Plant Dispensary		205 - 391 - 6224
Plant Cafeteria		205 - 391 - 6390
AFLAC Insurance	Rex Shanner	205 - 454 - 4237
Employee Tire Rebate	employeetirebenefits.michelin.net	888 - 276 - 3190
OPTUM—FSA	optumbank.com	800 - 243 - 5543
Union Hall	usw351.org	205 - 758 - 4476
ADP	portal.adp.com	
Vanguard	vanguard.com	800 - 523 - 1188
Plant Operations		205 - 391 - 6500

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Years 1	2 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	3 1 11 PM - 7 AM 2 7 AM - 3 PM	4 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	5 1 11 PM - 7 AM 2 7 AM - 3 PM	6 1 11 PM - 7 AM 2 7 AM - 3 PM	7
8	9 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	10 \$ Union Meetings 2 11 PM - 7 AM 1 7 AM - 3 PM	11 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	12 2 11 PM - 7 AM 1 7 AM - 3 PM	13 Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	14
15	16 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	17 1 11 PM - 7 AM 2 7 AM - 3 PM	18 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	19 1 11 PM - 7 AM 2 7 AM - 3 PM	20 1 11 PM - 7 AM 2 7 AM - 3 PM	21
22	23 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	24 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	25 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	26 2 11 PM - 7 AM 1 7 AM - 3 PM	27 2 11 PM - 7 AM 1 7 AM - 3 PM	28
29	30 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	31 1 11 PM - 7 AM 2 7 AM - 3 PM				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rotation I		1 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	2 1 11 PM - 7 AM 2 7 AM - 3 PM	3 1 11 PM - 7 AM 2 7 AM - 3 PM	4
5	6 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	7 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	8 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	9 2 11 PM - 7 AM 1 7 AM - 3 PM	10 2 11 PM - 7 AM 1 7 AM - 3 PM	11
12	13 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	14 Union Meetings 1 11 PM - 7 AM 2 7 AM - 3 PM	15 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	16 1 11 PM - 7 AM 2 7 AM - 3 PM	17 Union Meeting 1 11 PM - 7 AM 2 7 AM - 3 PM	18
19	20 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	21 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	22 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	23 2 11 PM - 7 AM 1 7 AM - 3 PM	24 2 11 PM - 7 AM 1 7 AM - 3 PM	
26	27 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	28 1 11 PM - 7 AM 2 7 AM - 3 PM				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rotation I		1 1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	2 1 11 PM - 7 AM 2 7 AM - 3 PM	3 1 11 PM - 7 AM 2 7 AM - 3 PM	4
5	6 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	7 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	8 2 11 PM - 7 AM 1 7 AM - 7 PM 2 7 PM - 11 PM	9 2 11 PM - 7 AM 1 7 AM - 3 PM	10 2 11 PM - 7 AM 1 7 AM - 3 PM	11
12	13 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	14 Union Meetings 1 11 PM - 7 AM 2 7 AM - 3 PM	15 1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	16 1 11 PM - 7 AM 2 7 AM - 3 PM	17 Union Meeting 1 11 PM - 7 AM 2 7 AM - 3 PM	18
19	20 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	21 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	22 2 11 PM - 7 AM 1 7 AM - 7 PM 2 7 PM - 11 PM	23 2 11 PM - 7 AM 1 7 AM - 3 PM	24 2 11 PM - 7 AM 1 7 AM - 3 PM	
26	27 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	28 1 11 PM - 7 AM 2 7 AM - 3 PM	29 1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	30 1 11 PM - 7 AM 2 7 AM - 3 PM	31 1 11 PM - 7 AM 2 7 AM - 3 PM	

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rotation I						1
2	3	\$	4	5	6	7
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	8
9	10	11	12	13	14	15
EASTER	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	Union Meetings 1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	Union Meeting 1 11 PM - 7 AM 2 7 AM - 3 PM	
16	17	\$	18	19	20	21
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	22
23	24	25	26	27	28	29
	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	
30						

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$ 2	3 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	4 2 11 PM - 7 AM 1 7 AM - 3 PM	5 2 11 PM - 7 AM 1 7 AM - 3 PM	6
7	8 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	Union Meetings 9	10 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	11 1 11 PM - 7 AM 2 7 AM - 3 PM	Union Meeting 12	13
14	15 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$ 16	17 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	18 2 11 PM - 7 AM 1 7 AM - 3 PM	19 2 11 PM - 7 AM 1 7 AM - 3 PM	20
21	22 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	23 1 11 PM - 7 AM 2 7 AM - 3 PM	24 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	25 1 11 PM - 7 AM 2 7 AM - 3 PM	26 1 11 PM - 7 AM 2 7 AM - 3 PM	27
28	29 Memorial Day Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$ 30	31 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM			

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	Rotation II				1 2 11 PM - 7 AM 1 7 AM - 3 PM	2 2 11 PM - 7 AM 1 7 AM - 3 PM	3
4 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	5	6 1 11 PM - 7 AM 2 7 AM - 3 PM	7 1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	8 1 11 PM - 7 AM 2 7 AM - 3 PM	9 1 11 PM - 7 AM 2 7 AM - 3 PM	10	
11 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	12	13 \$ Union Meetings 2 11 PM - 7 AM 1 7 AM - 3 PM	14 2 11 PM - 7 AM 1 7 AM - 7 PM 2 7 PM - 11 PM	15 2 11 PM - 7 AM 1 7 AM - 3 PM	16 Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	17	
18 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	19	20 1 11 PM - 7 AM 2 7 AM - 3 PM	21 1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	22 1 11 PM - 7 AM 2 7 AM - 3 PM	23 1 11 PM - 7 AM 2 7 AM - 3 PM	24	
25 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	26	27 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	28 2 11 PM - 7 AM 1 7 AM - 7 PM 2 7 PM - 11 PM	29 2 11 PM - 7 AM 1 7 AM - 3 PM	30 2 11 PM - 7 AM 1 7 AM - 3 PM		

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rotation II						1
2	3	4	5	6	7	8
	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM Independence Day	1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	
9	10	11	12	13	14	15
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$	Union Meetings 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	
16	17	18	19	20	21	22
	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	
23	24	25	26	27	28	29
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$	2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	
30	31					
	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM					

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rotation I	1 1 11 PM - 7 AM 2 7 AM - 3 PM	2 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	3 1 11 PM - 7 AM 2 7 AM - 3 PM	4 1 11 PM - 7 AM 2 7 AM - 3 PM	5
6	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	7 \$ Union Meetings 2 11 PM - 7 AM 1 7 AM - 3 PM	8 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	9 2 11 PM - 7 AM 1 7 AM - 3 PM	10 Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	11 12
13	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	14 1 11 PM - 7 AM 2 7 AM - 3 PM	15 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	16 1 11 PM - 7 AM 2 7 AM - 3 PM	17 1 11 PM - 7 AM 2 7 AM - 3 PM	18 19
20	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	21 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	22 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	23 2 11 PM - 7 AM 1 7 AM - 3 PM	24 2 11 PM - 7 AM 1 7 AM - 3 PM	25 26
27	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	28 1 11 PM - 7 AM 2 7 AM - 3 PM	29 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	30 1 11 PM - 7 AM 2 7 AM - 3 PM	31	

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rotation I				1 1 11 PM - 7 AM 2 7 AM - 3 PM	2
3	Labor Day Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	4 \$	5 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	6 2 11 PM - 7 AM 1 7 AM - 3 PM	7 2 11 PM - 7 AM 1 7 AM - 3 PM	8 2 11 PM - 7 AM 1 7 AM - 3 PM
10	11 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	12 Union Meetings	13 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	14 1 11 PM - 7 AM 2 7 AM - 3 PM	15 Union Meeting 1 11 PM - 7 AM 2 7 AM - 3 PM	16
17	18 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	19 \$	20 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	21 2 11 PM - 7 AM 1 7 AM - 3 PM	22 2 11 PM - 7 AM 1 7 AM - 3 PM	23
24	25 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	26 1 11 PM - 7 AM 2 7 AM - 3 PM	27 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	28 1 11 PM - 7 AM 2 7 AM - 3 PM	29 1 11 PM - 7 AM 2 7 AM - 3 PM	30

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 \$	4	5	6	7
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7 PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	
8	9	10 Union Meetings	11	12	13 Union Meeting	14
	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	
15	16	17 \$	18	19	20	21
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7 PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	
22	23	24	25	26	27	28
	Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 7 PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	
29	30	31 \$				
	Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM				

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rotation II		1 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 2 11 PM - 7 AM 1 7 AM - 3 PM	3 2 11 PM - 7 AM 1 7 AM - 3 PM	4
5	6 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	7 1 11 PM - 7 AM 2 7 AM - 3 PM	8 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	9 1 11 PM - 7 AM 2 7 AM - 3 PM	10 1 11 PM - 7 AM 2 7 AM - 3 PM	11
12	13 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	14 \$ Union Meetings 2 11 PM - 7 AM 1 7 AM - 3 PM	15 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	16 2 11 PM - 7 AM 1 7 AM - 3 PM	17 Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	18
19	20 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	21 1 11 PM - 7 AM 2 7 AM - 3 PM	22 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	23 Thanksgiving 1 11 PM - 7 AM 2 7 AM - 3 PM	24 Thanksgiving 1 11 PM - 7 AM 2 7 AM - 3 PM	25
26	27 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	28 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	29 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	30 2 11 PM - 7 AM 1 7 AM - 3 PM		

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rotation II					1 2 11 PM - 7 AM 1 7 AM - 3 PM
3	4 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	5 1 11 PM - 7 AM 2 7 AM - 3 PM	6 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	7 1 11 PM - 7 AM 2 7 AM - 3 PM	8 1 11 PM - 7 AM 2 7 AM - 3 PM	9
10	11 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	12 \$ Union Meetings 2 11 PM - 7 AM 1 7 AM - 3 PM	13 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	14 2 11 PM - 7 AM 1 7 AM - 3 PM	15 Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	16
17	18 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	19 1 11 PM - 7 AM 2 7 AM - 3 PM	20 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	21 1 11 PM - 7 AM 2 7 AM - 3 PM	22 1 11 PM - 7 AM 2 7 AM - 3 PM	23
24	25 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM Christmas	26 \$ 2 11 PM - 7 AM 1 7 AM - 3 PM	27 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	28 2 11 PM - 7 AM 1 7 AM - 3 PM	29 2 11 PM - 7 AM 1 7 AM - 3 PM	30
31 New Years Eve						

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM New Years	2 1 11 PM - 7 AM 2 7 AM - 3 PM	3 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	4 1 11 PM - 7 AM 2 7 AM - 3 PM	5 1 11 PM - 7 AM 2 7 AM - 3 PM	6
7	8 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$ 9 Union Meetings 2 11 PM - 7 AM 1 7 AM - 3 PM	10 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	11 2 11 PM - 7 AM 1 7 AM - 3 PM	12 Union Meeting 2 11 PM - 7 AM 1 7 AM - 3 PM	13
14	15 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	16 1 11 PM - 7 AM 2 7 AM - 3 PM	17 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	18 1 11 PM - 7 AM 2 7 AM - 3 PM	19 1 11 PM - 7 AM 2 7 AM - 3 PM	20
21	22 Rotation II 2 11 PM - 7 AM 1 7 AM - 3 PM	\$ 23 2 11 PM - 7 AM 1 7 AM - 3 PM	24 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	25 2 11 PM - 7 AM 1 7 AM - 3 PM	26 2 11 PM - 7 AM 1 7 AM - 3 PM	27
28	29 Rotation I 1 11 PM - 7 AM 2 7 AM - 3 PM	30 1 11 PM - 7 AM 2 7 AM - 3 PM	31 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM			

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rotation I				1 11 PM - 7 AM 7 AM - 3 PM	2 11 PM - 7 AM 7 AM - 3 PM	3
4	5	\$ 6	7	8	9	10
Rotation II						
2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	
11	12	Union Meetings 13	14	15	16	17
Rotation I						
1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	
18	19	\$ 20	21	22	23	24
Rotation II						
2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 3 PM	
25	26	27	28	29		
Rotation I						
1 11 PM - 7 AM 2 7 AM - 3 PM	1 11 PM - 7 AM 2 7 AM - 3 PM	2 11 PM - 7 AM 1 7 AM - 7PM 1 7 PM - 11 PM	1 11 PM - 7 AM 2 7 AM - 3 PM			

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rotation I					1 1 11 PM - 7 AM 2 7 AM - 3 PM	2
3	4	\$ 5	6 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	7 2 11 PM - 7 AM 1 7 AM - 3 PM	8 2 11 PM - 7 AM 1 7 AM - 3 PM	9
10	11	Union Meetings	12 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	13 1 11 PM - 7 AM 2 7 AM - 3 PM	14 Union Meeting 1 11 PM - 7 AM 2 7 AM - 3 PM	15 16
17	18	\$ 19	20 2 11 PM - 7 AM 1 7 AM - 7PM 2 7 PM - 11 PM	21 2 11 PM - 7 AM 1 7 AM - 3 PM	22 2 11 PM - 7 AM 1 7 AM - 3 PM	23
24	25	26	27 1 11 PM - 7 AM 2 7 AM - 7PM 1 7 PM - 11 PM	28 1 11 PM - 7 AM 2 7 AM - 3 PM	29 1 11 PM - 7 AM 2 7 AM - 3 PM	30
31						

MEDICAL BENEFITS		In Network Benefit	Out of Network Benefit
Annual Deductible			
Individual		\$350	\$700
Family		\$700	\$1400
Coinsurance Levels		80% (You Pay 20%)	70% (You Pay 30%)
Out of Pocket Maximum			
Individual		\$2500	\$5000
Family		\$5000	\$10000
Includes Deductible, Copayments and Coinsurance amounts.			
Lifetime Maximum		Unlimited	
Physician Office Visits			
General Practitioner		100% after \$25 copay	60% after deductible
Specialist		100% after \$30 copay	60% after deductible
Emergency Room			
Facility Charges		80% after \$150 copay (waived if admitted)	
Physician Charges		100% after \$25/\$30 copay	60% after deductible
Preventive Care Benefits			
Routine OB/GYN		Free	Not covered
Routine Pap Smears			Not covered
Routine Sigmoidoscopy			Not covered
Routine physical			Not covered
Inpatient Hospital		80% after deductible	60% after deductible
Outpatient Hospital		80% after deductible	60% after deductible
Diagnostic X-rays & Labs		80% after deductible	60% after deductible
Most other medical services		80% after deductible	60% after deductible
Insurance Premiums		2022	2023
Single		\$70 per month	\$70 per month
Employee plus Children		\$100 per month	\$100 per month
Employee plus Spouse		\$147 per month	\$147 per month
Family		\$175 per month	\$175 per month

Prescription Drugs	Retail—30-day supply Mail Order—90 day supply Mandatory Generic (MAC Allowance)			
	Retail—20% coinsurance		Mail Order—20% coinsurance	
	Minimum Copay	Maximum Copay	Minimum Copay	Maximum Copay
Generic	\$15	\$25	\$20	\$35
Brand Formulary	\$25	\$50	\$35	\$75
Brand Non- Formulary	\$35	\$75	\$55	\$110
Management Program for active employees, Pre-Medicare and Post-Medicare retirees	Hypnotic Agents	Limits patients to 60 tablets within 90 days		
	Erectile Dysfunction	Limits patients to 6 units every 30 days		

Non-Network Vision Reimbursement Schedule				
Single Vision	\$84.00		Necessary Contact Lenses	\$215.00
Bifocals	\$83.00		Cosmetic Contact Lenses	\$140.00
Trifocals	\$112.00			
Lenticular	\$125.00		Frames	\$85.00

Buy BF Goodrich Tires

Buy Union

