

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

ABCD

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
1 New Years D 11 PM - 11 AM C 11 AM - 11 PM	2 Rotation II B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM	3 B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM	4 B 11 PM —7 AM D 7 AM — 7 PM B 7 PM — 11 PM	5 B 11 PM —7 AM D 7 AM — 3 PM A 3 PM — 11 PM	6 B 11 PM —7 AM D 7 AM — 3 PM A 3 PM — 11 PM	7 C 11 PM—11 AM A 11 AM—11 PM
8 C 11 PM - 11 AM A 11 AM - 11 PM	9 Rotation III D 11 PM —7 AM C 7 AM — 3 PM A 3 PM — 11 PM	10 \$ Union Meetings D 11 PM —7 AM C 7 AM — 3 PM A 3 PM — 11 PM	11 D 11 PM —7 AM C 7 AM — 7 PM D 7 PM — 11 PM	12 D 11 PM —7 AM C 7 AM — 3 PM B 3 PM — 11 PM	13 Union Meeting D 11 PM —7 AM C 7 AM — 3 PM B 3 PM — 11 PM	14 A 11 PM—11 AM B 11 AM—11 PM
15 A 11 PM - 11 AM B 11 AM - 11 PM	16 Rotation IV C 11 PM —7 AM A 7 AM — 3 PM B 3 PM — 11 PM	17 C 11 PM —7 AM A 7 AM — 3 PM B 3 PM — 11 PM	18 C 11 PM —7 AM A 7 AM — 7 PM C 7 PM — 11 PM	19 C 11 PM —7 AM A 7 AM — 3 PM D 3 PM — 11 PM	20 C 11 PM —7 AM A 7 AM — 3 PM D 3 PM — 11 PM	21 B 11 PM—11 AM D 11 AM—11 PM
22 B 11PM - 11A M D 11A M - 11PM	23 Rotation I A 11PM - 7A M B 7A M - 3PM D 3PM - 11PM	24 \$ A 11PM - 7A M B 7A M - 3PM D 3PM - 11PM	25 A 11PM - 7A M B 7A M - 7PM A 7PM - 11PM	26 A 11PM - 7A M B 7A M - 3PM C 3PM - 11PM	27 A 11PM - 7A M B 7A M - 3PM C 3PM - 11PM	28 D 11PM - 11A M C 11A M - 11PM
29 D 11 PM - 11 AM C 11 AM - 11 PM	30 Rotation II B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM	31 B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM				

February 2023

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

March 2023

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

April 2023

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

May 2023

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

June 2023

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

July 2023

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

August 2023

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

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
					C 11PM - 7A M A 7A M - 3PM D 3PM - 11PM	B 11 PM—11 AM D 11 AM—11 PM	
3	Labor Day	4	\$	5	6	7	
B 11 PM - 11 AM D 11 AM - 11 PM	Rotation I A 11 PM —7 AM B 7 AM — 3 PM D 3 PM — 11 PM	A 11 PM —7 AM B 7 AM — 3 PM D 3 PM — 11 PM		A 11 PM —7 AM B 7 AM — 7 PM A 7 PM — 11 PM	A 11 PM —7 AM B 7 AM — 3 PM C 3 PM — 11 PM	A 11 PM —7 AM B 7 AM — 3 PM C 3 PM — 11 PM	D 11 PM—11 AM C 11 AM—11 PM
10	11	Union Meetings	12	13	14	Union Meeting	
D 11 PM - 11 AM C 11 AM - 11 PM	Rotation II B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM	B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM		B 11 PM —7 AM D 7 AM — 7 PM B 7 PM — 11 PM	B 11 PM —7 AM D 7 AM — 3 PM A 3 PM — 11 PM	B 11 PM —7 AM D 7 AM — 3 PM A 3 PM — 11 PM	C 11 PM—11 AM A 11 AM—11 PM
17	18	\$	19	20	21	22	
C 11 PM - 11 AM 11 AM - 11 PM	Rotation III D 11 PM —7 AM C 7 AM — 3 PM A 3 PM — 11 PM	D 11 PM —7 AM C 7 AM — 3 PM A 3 PM — 11 PM		D 11 PM —7 AM C 7 AM — 7 PM D 7 PM — 11 PM	D 11 PM —7 AM C 7 AM — 3 PM B 3 PM — 11 PM	D 11 PM —7 AM C 7 AM — 3 PM B 3 PM — 11 PM	A 11 PM—11 AM B 11 AM—11 PM
24	25	26	27	28	29	30	
A 11 PM - 11 AM B 11 AM - 11 PM	Rotation IV C 11 PM —7 AM A 7 AM — 3 PM B 3 PM — 11 PM	C 11 PM —7 AM A 7 AM — 3 PM B 3 PM — 11 PM		C 11 PM —7 AM A 7 AM — 7 PM C 7 PM — 11 PM	C 11 PM —7 AM A 7 AM — 3 PM D 3 PM — 11 PM	C 11PM - 7A M A 7A M - 3PM D 3PM - 11PM	B 11PM - 11A M D 11A M - 11PM

October 2023

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

November 2023

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

December 2023

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

January 2024

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

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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10	11	Union Meetings	12	13	14	15
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D 11 PM - 11 AM C 11 AM - 11 PM	Rotation II B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM	B 11 PM —7 AM D 7 AM — 3 PM C 3 PM — 11 PM	B 11 PM —7 AM D 7 AM — 7 PM B 7 PM — 11 PM	B 11 PM —7 AM D 7 AM — 3 PM A 3 PM — 11 PM	B 11PM - 7A M D 7A M - 3PM A 3PM - 11PM	C 11PM - 11A M A 11A M - 11PM
31						
C 11 PM - 11 AM A 11 AM - 11 PM						

MEDICAL BENEFITS	In Network Benefit		Out of Network Benefit
Annual Deductible			
Individual Family	\$350 \$700	\$700 \$1400	
Coinsurance Levels	80% (You Pay 20%)		70% (You Pay 30%)
Out of Pocket Maximum Individual Family Includes Deductible, Copayments and Coinsurance amounts.	\$2500 \$5000		\$5000 \$10000
Lifetime Maximum	Unlimited		
Physician Office Visits General Practitioner Specialist	100% after \$25 copay 100% after \$30 copay		60% after deductible 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 Routine Pap Smears Routine Sigmoidoscopy Routine physical	Free		Not covered Not covered Not covered 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	2024
Single	\$70 per month	\$70 per month	\$70 per month
Employee plus Children	\$100 per month	\$100 per month	\$100 per month
Employee plus Spouse	\$147 per month	\$147 per month	\$147 per month
Family	\$175 per month	\$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

