

SEAFARERS HEALTH & BENEFITS PLAN
SEAFARERS PENSION PLAN
SEAFARERS MONEY PURCHASE PENSION PLAN

5201 Auth Way
Camp Springs, Maryland 20746-4275
(301) 899-0675

Margaret R. Bowen
Administrator

E-MAIL COMMUNICATION CONSENT FORM
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The Seafarers Plans always seek to keep Plan participants up-to-date with changes in Plan benefits. The Plans do this by sending letters to your home address, printing notices in the Seafarers Log, posting information on-line at www.seafarers.org; and by providing information at Union meetings.

The Plans are considering providing information to participants by e-mail, to be sure that information is received quickly and accurately, regardless of where you are located. If you would like the Plans to send communications to you at your personal e-mail address **instead** of by U.S. mail to your mailing address, please fill out the form below, and return it to the Plans' office.

If you do not wish to receive communications by e-mail, you do not have to take any action. The Plans will continue to correspond with you by mail. Even if you consent to e-mail communications, the Plans will continue to send certain documents (such as ID cards and Explanations of Benefits) to you by mail.

Please return this letter to:

Seafarers' Plans, 5201 Auth Way, Camp Springs, MD 20746, Attention: Administrator.

YES – I would like the Seafarers Plans to send communications to me at my personal e-mail address listed below, instead of by mail.
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Name: _____
(print)

Last 4 digits of SS# _____

Signature _____

Date Signed: _____

E-mail address: _____
(print clearly)

DISCLAIMER <i>This address will only be used to communicate Seafarers Benefit Plans information.</i> <i>It will not be shared with any other entities.</i>
