

AMENDMENT NO. 19-1
TO THE
RULES AND REGULATIONS
OF THE
MEBA MEDICAL AND BENEFITS PLAN

At their January 24, 2019 meeting, the Trustees of the MEBA Medical and Benefits Plan (the "Plan") amended the Plan's Rules and Regulations to modify the Plan's coverage for physiotherapy, physical therapy, and chiropractic treatment, effective January 1, 2019.

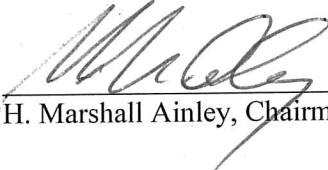
1. Article VI, Section 3(e) (9) shall be amended to read as follows (*new language shown in bold italics*):

- (9) physiotherapy and physical therapy under the supervision of a Licensed Qualified Provider, and chiropractic treatment, but not to exceed a combined maximum of **80 visits** per person in a 24-month period, ***provided that prior authorization is obtained for any visits exceeding a combined maximum of 40 visits in a 24 month period*** (disregarding for purposes of the maximum any visits for physiotherapy or physical therapy treatment due to a stroke, multiple sclerosis, a condition caused by multiple sclerosis, or a radical mastectomy).

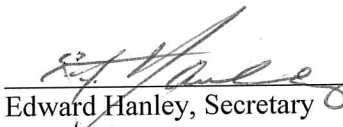
Adopted in Principle: January 24, 2019

Effective Date: January 1, 2019

Language Approved: April 24, 2019



H. Marshall Ainley, Chairman



Edward Hanley, Secretary