

**AMENDMENT NO. 22-2**  
**TO THE**  
**RULES AND REGULATIONS**  
**OF THE**  
**MEBA MEDICAL AND BENEFITS PLAN**

At their October 22, 2021 meeting, the Trustees of the MEBA Medical and Benefits Plan (the “Plan”) amended the Plan’s Rules and Regulations to reduce from age 50 to age 45 the age at which the Plan will cover routine colonoscopies and colorectal screening, effective January 1, 2022.

1. Article VI, Section 3(e), paragraph (18) shall be amended to read as follows:

- (18) routine colonoscopies, once every five years (or a Cologuard colorectal cancer screening test every five years), for participants age 45 and older and their Dependents age 45 and older; and once every five years, beginning at the earlier of age 40 or 10 years before the youngest case in the first-degree relative (i.e., a parent, sibling, or child) for participants and their Dependents with a family history of colorectal cancer or adenomatous polyps in any first-degree relative before age 60 or in two or more first-degree relatives at any age (if not a hereditary syndrome).

Adopted in Principle: October 21, 2021  
Effective Date: January 1, 2022  
Language Approved: February 10, 2022



Adam Vokac, Chairman



Edward Hanley, Secretary