

PLUMBERS' WELFARE FUND LOCAL 130, U.A.

UNION TRUSTEES

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September 7, 2018

Building Bridges to Health 2018 – An Early Detection and Prevention Health Fair

Dear Participants of Plumbers' Welfare Fund, Local 130 U.A.:

We are pleased to announce that you and your spouse have the opportunity to participate in one of the seven "**Building Bridges to Health**" fairs being offered on Saturdays (and 1 Sunday) during September, October and November 2018, ***at no cost to you.*** You are welcome to attend any location (Volo, Joliet, Elmhurst, Burr Ridge, Chicago, or Aurora, IL). The Plumbers' Welfare Fund, Local 130 U.A. will host the event on Saturday, September 22, 2018 at Volo, Illinois. The health fair starts at 7:00 am and continues until 12:30 pm. You select which date and location is the most convenient for you! **All locations have free parking!**

In addition to a very comprehensive blood test, you can talk with a variety of medical professionals and update your vaccines. In addition, this year we are providing a basic carotid artery test. These tests and procedures are available ***at no cost to you.***

The tests you choose to have done are not meant to replace your Physician, but are meant to improve communication with your Physician at your next appointment.

The Plumbers' Welfare Fund, Local 130 U.A. would like to do our part to ensure that you have the necessary resources to live a healthy life. This process will give you:

- A thorough preventative health evaluation administered at one of six locations
- Printed **and** on-line health education materials
- Full lab analysis report with the ability to send it to your primary care physician
- Personal health management support, **including** health coaching

We assure you that this program **is completely confidential** and is administered by an independent service provider, **Interactive Health Solutions (IHS)**. No one at the Plumbers' Welfare Fund, Local 130 U.A. will have access to your personal health information. To get the best results from this initiative, we need your support and participation. You should register and make an appointment for the blood test by contacting **www.myinteractivehealth.com** or by calling **1-800-840-6100**. When asked for your Fund Name select "***Plumbers Local 130.***"

Included is a flyer about the various aspects of the health fair, including tests and providers available and more detailed information on how to register for your blood appointment or the carotid artery test.

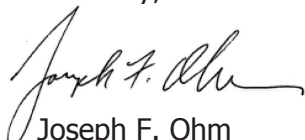
If you cannot attend one of the Health Fairs, enclosed is a voucher that you can use to receive the following vaccinations at any Mariano's location in the Chicagoland area:

- 4 Strain Flu Vaccination - \$25.00
- High Dose Flu Vaccination (if you meet criteria) - \$48.00
- TDaP (Tetanus/Whooping Cough) - \$57.00
- Pneumovax - \$105.00
- Prevnar 13 - \$202.00

You will pay for the vaccination and then you should submit the receipt that confirms the type of Vaccinations and its Cost to the Fund Office for **100% reimbursement**. A check will be mailed to your home address that is on file with the Fund Office.

We look forward to seeing you at one of the "Building Bridges to Health" fairs. If you have any questions or concerns regarding this health fair, please contact the Fund Office at 312-226-4200, Interactive Health at 800-840-6100 or our Health Fair Coordinator at 708-639-9004.

Sincerely,



Joseph F. Ohm
Fund Administrator



2018 “Building Bridges to Health” Health Fair

Sign up Today! – 7 Events – 6 Locations

Onsite preventive health evaluation, which includes a health assessment, blood pressure screening and a comprehensive blood test. Your results are 100% confidential and will not be shared with your fund.

Also available: Flu shots, Hearing Screenings, and onsite healthcare professionals to answer questions.

Earn Prizes! Complete your Interactive Health biometric screening at a Health Fair for a chance to win one of five \$50 gift cards at each location!

2018 HEALTH FAIR LOCATIONS

Health evaluations are **by appointment** between 7:00 a.m. and 12:00 noon.

You can schedule an appointment for any of these locations:

Date	Building Name	Address	Max Appt
September 22 rd	Plumbers Local 130	31855 N US Hwy 12 Volo, IL	250
September 29 th	IUOE Local 150	1050 NE Frontage Road, Joliet, IL	400
Sept 30 th – Sunday	IUOE Local 150 <i>9 am – 12 noon this day only</i>	1050 NE Frontage Road, Joliet, IL	250
October 6 th	Administrative District Council 1	660 N. Industrial Dr. Elmhurst, IL	300
October 27 th	Teamsters Local 731	1000 Burr Ridge Pkwy. Burr Ridge, IL	500
November 3 rd	IUOE 399	2260 S Grove Street, Chicago, IL	500
November 10 th	Painters District Council 30	1905 Sequoia Drive, Aurora, IL	300

How to Schedule Your Onsite Health Evaluation

1. Register online at myinteractivehealth.com. First time website users can register using sponsor code **RVJDM**.
2. Once registered, click the “Schedule Your Health Evaluation” box at the top of the page. Select your appointment location, date and time and [complete your health assessment](#). **You will be asked your Union Name and Number or Trust Fund Name and Number.**
3. **Health Plan Participants:** Enter your Insurance Number and Group ID. *Please bring your insurance card to your appointment.*
4. **Non-Plan Participants:** The fee of \$120 or \$160 is due at the time of service. Cash, personal check, MasterCard and Visa are accepted.
5. You may also schedule your appointment by calling Interactive Health at **(800) 840-6100** and using sponsor code **RVJDM**.

You will need to **Fast** before your appointment

Please fast for 12 hours before your test. Drink plenty of plain water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that will prevent you from fasting 12 hours, please follow your doctor’s instructions regarding fasting.



Visit us on Facebook! <https://www.facebook.com/buildingbridgeshealthfairs>



Building Bridges to Health – 2018

You are invited to participate in a comprehensive Health Fair sponsored by your Trust Fund. In addition to a comprehensive, 36-panel blood test, the following services/providers will be available:

- **A1c** blood tests for diabetics
- **Flu shots** (for adults over age 18) – the Centers for Disease Control (CDC) recommends that everyone 6 months old and older should receive a flu vaccine. Every flu season is different, and influenza infection can affect people differently.
- **Ask the Pharmacist** – Pharmacists are available to answer questions about drug interactions, how or when to take medication, what impact do vitamins or supplements have with other medications, what side effects you should expect and other questions that you may have.
- **Ask the Dentist** – Dental providers will be available from 9:00 am until 12 noon to answer your questions. Information and resources will also be available during the entire fair.
- **Nutritionist** – learn about your BMI and ask questions about food pairings and how to read labels. This year be sure to bring a healthy recipe with you for the **Healthy Recipe Contest!** Every recipe gets a gift, but the healthiest recipe (selected each week by the nutritionist) will win a food basket from Mariano's!
- **Basic hearing screening**
- **Carotid Artery screening & Bone Density testing** – you asked, we heard! We are doing a limited carotid artery screening at this year's program. In addition, bone density testing will be available. The carotid artery testing requires an appointment – see the Stroke Detection sheet for more information about registering for this screening.
- **Refreshments** - juice, coffee, teas and water will be provided as well as fruit and healthy snacks.
- **And More... PRIZES!!!**

Prizes this year include:

- ✓ **\$50 gift cards** – anyone who attends can fill out the raffle entry to win
- ✓ **\$25 gift card** – anyone who stops by the Epic Hearing table can enter to win
- ✓ **Designer Sunglasses** – stop at the vision table and enter to win
- ✓ **Mariano's Food Basket** – the healthiest recipe submitted each week to the nutritionist, wins the gift basket, but every recipe submitted will get a prize

The Health fairs take place at **6** different **locations** on **6** different **Saturdays** from 7:00 am-12:30 pm and **1 Sunday** from 9:00 am – 12:00 noon. (**New day this year!**)

Appointments are ***only*** required for the blood work and carotid artery screening. **Remember, it saves time if you can fill out your health history online before your appointment!**



We're on Facebook – go to Building Bridges Health Fairs and "Like Us" to get the latest info

Patient Name: _____ Store # _____



Getting your flu shot is as easy as stopping by your local Mariano's Pharmacy! This voucher entitles you to a **\$25.00 4-Strain Flu Vaccination**. If you meet the criteria for a **High dose Flu Vaccine**, the cost is **\$48.00**. Discounted rates are also available for Pneumonia and Tetanus (with whooping cough/tdap) vaccinations. **Pneumonia (Pneumovax - \$105.00 or Prevnar 13 - \$202.00); Tetanus/Tdap (tetanus with whooping cough & diphtheria) - \$57.00.**

To find the nearest Mariano's Pharmacy visit **Marianos.com**. No appointment is necessary. If you prefer, call ahead for a convenient time.

Company Name: Plumbers Local 130 Welfare Fund

EXPIRES: 12-31-18

Patient Name: _____ Store # _____



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