



## COMPLETE YOUR BIOMETRIC SCREENING BY DECEMBER 31, 2024 AND EARN YOUR \$400.00 WELLNESS INCENTIVE FOR 2024

### **2024 SPRING WELLNESS EVENTS**

The Teamsters Local Union No. 731 Wellness Program will be conducting two on-site Wellness Events in March and April. Participants are eligible to receive a health assessment, comprehensive blood test, blood pressure screening, nutrition information, access to a pharmacist as well as other on-site healthcare professionals to answer questions. Women over the age of 40 will also receive thyroid testing. All men will receive a PSA test. We will also be offering Carotid Artery (stroke) Screenings, Abdominal Aortic Aneurysm Screenings, Peripheral Arterial Disease Screenings and Skin Health Screenings.

### **THERE IS NO COST TO YOU**

*\*Available at no cost for all covered Members and spouses - paid for by the IBT Local 731 Health & Welfare Benefit Funds*

### **Where and When: (Registration will close for each event once capacity is met)**

Teamsters Local 731 Union Hall, 1000 Burr Ridge Pkwy, Burr Ridge, IL 60527

- Saturday, March 2, 2024 - 7:00 A.M. until 12:00 P.M.
- Saturday, April 6, 2024 - 7:00 A.M. until 12:00 P.M.

### **It's Easy to Sign up:**

- To Register for the screening, go to [app.chcw.com](http://app.chcw.com) and follow the steps to register.
- **New Participants:** Enter in program code [6352Tea154](#) in the "New Participants" box and select "Register." Follow the prompts to verify your personal information, sign up for a screening, and complete the Health & Lifestyle Survey.
- **Returning Participants:** Log in with your CHC username and password under "Individual Login" and select "Log in". Then complete the activity cards under "Today's Activities" on your dashboard to successfully register for your screening.
- If you need assistance, kindly call [\(866\) 373-4242](tel:8663734242) to sign up for your screening via telephone.
- When registering for the on-site screening, follow the prompts to select the date and time for your biometric screening appointment. You will then complete your Health & Lifestyle Survey.

### **This is a Fasting Test**

For the most precise results, you must fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your Physician for fasting instructions. Be sure to drink plenty of water.

### **Free Skin Health Screenings!**

Did you know that skin cancer is the most common type of cancer in America? Luckily, it is easy to treat when it's caught early. That's why in just a few minutes and at no cost to you, you can get your skin screened without going to the doctor! No appointment necessary. Just bring your insurance card and visit the SkinIO booth, located in the union hall.

## **Additional FREE Screenings for Eligible Members and Spouses!**

- **Carotid Artery (Stroke) Screening** - Visualizes the build-up of fatty plaques within the carotid artery (along the neck) which causes the disruption of adequate blood flow to the brain, causing a stroke. Many strokes are caused when these arteries become blocked. 98% of stroke victims have no symptoms prior to having a stroke.
- **Abdominal Aortic Aneurysm Screening** - Visualizes any abnormalities, enlargements or ballooning within the abdominal aorta. Aortic aneurysms are highly hereditary. When detected, they can be repaired, allowing individuals to live longer lives. Aortic aneurysms present no symptoms and are responsible for 25,000+ deaths each year.
- **Peripheral Arterial Disease (PAD) Screening** - An Ankle Brachial Index “(ABI) Screening” is used to screen for Peripheral Arterial Disease (PAD) in the legs which determines if blood flow blockages are present. PAD is the leading cause for amputation in the U.S.

Appointments for the additional screenings can only be made by calling Health Gauge at **(877) 732-8258** or scheduling online at <https://teamsters731.hgscreenings.com>.

**Note: Appointments for your blood tests and these additional screenings must be made separately.**

Appointments for your biometric health screening can only be made by calling CHC Wellbeing at **(866) 373-4242** or scheduling online at [app.chcw.com](http://app.chcw.com).

## **UNABLE TO MAKE IT TO ONE OF OUR ON-SITE EVENTS**

There are other ways to participate in the Wellness Program if you are unable to make it to one of our on-site events.

- **SCREENING THROUGH A LOCAL LAB:** VISIT A LAB BY DECEMBER 31, 2024.
  - When registering for the screening, select the “Test at a Lab” option. After completing registration and your Health & Lifestyle Survey, print or display on your telephone the two lab forms at your local LabCorp Facility. **Note: Blood pressure readings may not be available at all LabCorp locations. Please select “Employee Wellness with Body Measurements” when visiting [www.labcorp.com](http://www.labcorp.com) to find the facility nearest you.**
- **PHYSICIAN FORM:** VISIT YOUR DOCTOR AND SUBMIT YOUR RESULTS NO LATER THAN DECEMBER 31, 2024.
  - When registering for the screening with CHC Wellbeing, select the “Physician Form” option. After completing registration and your Health & Lifestyle Survey, print and take the form to your physician and have them fill it out. Upload your results to your CHC portal by logging in to [app.chcw.com](http://app.chcw.com) and clicking the “Upload Your Results” button OR via facsimile to CHC at (847) 437-2775.

**NOTE:** To qualify for a \$400.00 Wellness incentive in 2024, test results must be from blood drawn between 01/01/2024 and 12/31/2024. Test results from 2023 will not be considered or qualify for the 2024 incentive. If you have already received your \$400.00 wellness incentive in 2024, you will not qualify for an additional incentive in 2024.

By participating in the Wellness Program, you will also receive \$0.00 co-pays for all drugs and services through 12/31/2024 related to:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Heart Disease (CAD)
- Hypertension
- Hyperlipidemia
- Congestive Heart Failure (CHF)
- Asthma

Wellness Program participation in 2024 will cover your \$0.00 co-pays for the remainder of 2024, and all of 2025, so long as you are eligible under the Plan. If you are currently receiving this valuable benefit because you participated in 2023, and do not participate again in 2024, your \$0.00 co-pays will end on 12/31/2024.

If you have any questions regarding the Wellness Incentive, the \$0.00 co-pay or how the Wellness Program operates, contact the Fund Office at (630) 887-4150.

**YOU HAVE UNTIL DECEMBER 31, 2024, TO COMPLETE YOUR BIOMETRIC SCREENING TO EARN YOUR \$400.00 WELLNESS INCENTIVE FOR 2024**

**Are you concerned you might need additional blood work?**

**We will be offering optional testing at a discounted rate.**

Category	Test Name	Test Description	Your Cost
Heart Health	Cardio C.	Detects inflammation and infections. Evaluates the possibility of developing heart disease.	\$10.00
	Homocysteine	Linked to detecting early development of heart disease influenced by diet and genetic factors.	\$17.50
	NMR	Counts the number of LDL particles. Helps the physician determine the LDL lowering therapy.	\$49.50
Digestive Health	Gluten Allergy	For individuals with suspected sensitivity to gluten. May help diagnose celiac disease.	\$14.50
Nutritional & Vitamin	Vitamin D	A nutrient found in the bones and teeth. Used for diagnosing Vitamin D deficiency or excess.	\$17.50
	B12 & Folate	Necessary vitamins for red blood cell formation. Detects deficiencies and anemias.	\$15.00

**NOTE: YOUR RESULTS ARE 100% CONFIDENTIAL**

*Any incentive you receive will be tax-free, in the form of reimbursement for eligible health care expenses. As a tax-free benefit by the Plan, the Fund must adhere to all applicable IRS guidelines and regulations.*

