



TEAMSTERS LOCAL UNION NO. 731

WELFARE FUND

1000 Burr Ridge Parkway, Suite 301 • Burr Ridge, IL 60527 • (630) 887-4150 • Fax (630) 887-4155

August 2019

Dear Teamsters Local 731 Member:

We are pleased to announce the participation of Teamsters Local Union No. 731 in the 2019 "Building Bridges to Health" Fairs. Teamsters Local 731 Benefit Funds and the Midwest Employee Benefit Funds Coalition, Inc., ("MEBFC") have agreed once again, to partner in a venture that will afford **each Local Union member and their eligible dependents, age 18 and older**, greater accessibility and convenience regarding the procurement of annual flu shots and healthcare screenings at no cost to you.

Participants are eligible to receive a health assessment, comprehensive blood test, blood pressure screening, flu shot, basic hearing screening, nutrition information, access to a Pharmacist as well as other onsite healthcare professionals to answer questions. Women over the age of 40 will also receive thyroid testing. Additionally, you will have the opportunity to update your Tetanus vaccine, which now offers whooping cough protection. And if you are at risk for pneumonia and meet the clinical criteria, you can get that vaccine at this year's health fair as well. This year, we are again providing basic carotid artery tests.

Because we have limited appointments available for the carotid artery testing, if you are interested in having this test, kindly make that appointment first, with Stroke Detection Plus, and then use that date to schedule your blood test through Interactive Health. You may refer to the enclosed Stroke Detection Plus flyer for more information.

These tests and procedures are all available at no cost to you and your eligible dependents, age 18 and older. The tests you choose to have performed are not meant to replace your physician, but are meant to improve communication with your Physician at your next appointment.

This program is completely confidential and is administered by Interactive Health, an independent service provider. **To schedule your blood test, visit www.myinteractivehealth.com or call (800) 840-6100.** If requested, our Sponsor Code is **ZW9DY**; you will also be asked for the name of our Fund (Teamsters Local 731) and your Group and ID numbers, which you can locate on your Blue Cross Blue Shield (BCBS) card. You will also be required to present your BCBS card when you arrive for your appointment.

Those who participate in the blood test will be entered in a raffle to win one of five \$50.00 gift cards

Teamsters Local 731 will be hosting the Health Fair on September 14th at Operating Engineers Local 150, located at 6200 Joliet Road, Countryside, IL.

At the September 14th event, we will have staff members from the Teamsters Local 731 Benefit Fund Office in attendance to answer any questions you may have regarding your benefits. A representative from Interactive Health will also be in attendance to discuss and explain the Local 731 Wellness Program and how to utilize this valuable benefit. **Don't forget, each member and spouse who participates in the blood test is also taking the first step in participating in the Local 731 Wellness Program and will qualify for the 2020 \$400.00 Wellness Incentive.**

Teamsters Local 731 members can visit any of the below-mentioned facilities on the appropriate dates to take advantage of this wonderful no-cost health benefit. All locations offer free parking.

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
■ Saturday, September 7, 2019	7:00 A.M. – 12:00 P.M.	Plumbers Local 130 - 31855 N US Hwy 12, Volo, IL
■ Saturday, September 14, 2019	7:00 A.M. – 12:00 P.M.	IUOE Local 150 - District 1 (South Entrance) - 6200 Joliet Road, Countryside, IL
■ Saturday, September 28, 2019	7:00 A.M. – 12:00 P.M.	IUOE Local 399 - 2260 S Grove Street, Chicago, IL
■ Saturday, October 5, 2019	7:00 A.M. – 12:00 P.M.	Administrative District Council 1 - 660 N Industrial Dr., Elmhurst, IL
■ Saturday, October 26, 2019	7:00 A.M. – 12:00 P.M.	IUOE Local 150 – District 2 - 1050 NE Frontage Road, Joliet, IL
■ <i>Sunday</i> , October 27, 2019	8:00 A.M. – 12:00 P.M.	IUOE Local 150 – District 2 - 1050 NE Frontage Road, Joliet, IL

(OVER)

Affiliated with the International Brotherhood of Teamsters

We sincerely hope that this convenient program will allow you greater access to take advantage of this wonderful family benefit. We trust that this partnership will make your life a little less stressful and assist you and your family on the road to good health.

Please refer to the attached informational flyers to obtain more details or simply contact the IBT Local 731 Benefit Fund Office at (630) 887-4150 for additional information.

Sincerely,

The Board of Trustees





2019 “Building Bridges to Health” Health Fair Sign up Today! – 6 Events – 5 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!

2019 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:

<u>Date</u>	<u>Building Name</u>	<u>Address</u>	<u>Max Appts</u>
Saturday, September 7 th	Plumbers Local 130	31855 N US Hwy 12, Volo IL	250
Saturday, September 14 th	IUOE Local 150 – District 1	6200 Joliet Road, Countryside, IL	650
Saturday, September 28 th	IUOE Local 399	2260 S Grove Street, Chicago, IL	500
Saturday, October 5 th	Administrative District Council 1	660 N Industrial Dr., Elmhurst, IL	300
Saturday, October 26 th	IUOE Local 150 – District 2	1050 NE Frontage Road, Joliet, IL	400
Sunday , October 27 th	IUOE Local 150 – District 2 <i>8:00am – 12:00pm this day only</i>	1050 NE Frontage Road, Joliet, IL	350

How to Schedule Your Onsite Health Evaluation

1. Register online at myinteractivehealth.com. First time website users can register using sponsor code **Z W 9 D Y**.
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 (Teamsters Local 731).**
3. **Health Plan Participants:** Enter your Blue Cross Blue Shield (BCBS) ID Number and Group Number.
Please bring your BCBS 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 **Z W 9 D Y**.

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.



Building Bridges to Health – 2019

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!
- **Basic hearing screening**
- **Carotid Artery screening – Limited appointments available!** – If you are interested in this test, schedule this first and then call to make your bloodwork appointment. See the Stroke Detection flyer 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:

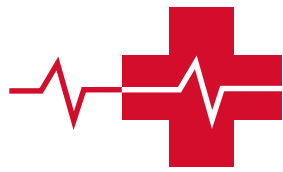
- ✓ **\$50 gift cards** – Anyone who attends can fill out the raffle entry to win
- ✓ **Tote Bag & Water Bottle** – Anyone who stops by the hearing screening table can enter to win
- ✓ **Designer Sunglasses** – Stop at the vision table and enter to win
- ✓ **Food Basket** – The healthiest recipe submitted each week to the nutritionist, wins the gift basket, but every recipe submitted will get a prize

The Health fairs take place at **5** different **locations** on **5** different **Saturdays** from 7:00 am – 12:00 pm and **1 Sunday** from 8:00 am – 12:00 pm.

Appointments are only required for the blood work and carotid artery screening. **Remember, it saves time for your bloodwork 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



Building Bridges To Health Hosts Screening To Detect Your Risk For Stroke In Less Than 5 Minutes!

"I am so grateful that I participated in these screenings. At my age, the results I received were unexpected. Especially, since I did not have any of the risk factors. My doctor would not have ordered these tests. I definitely feel this prevented me from having a stroke and maybe even worse. Since I have returned to work I informed my manager about what a great service Stroke Detection Plus provides and encourage everyone to have these screenings done."
Donald Luley

Saturday, September 7th, 7:00AM - 12:00PM
Plumbers Local 130
31855 N US Highway 12, Volo, IL

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6200 Joliet Road, Countryside, IL

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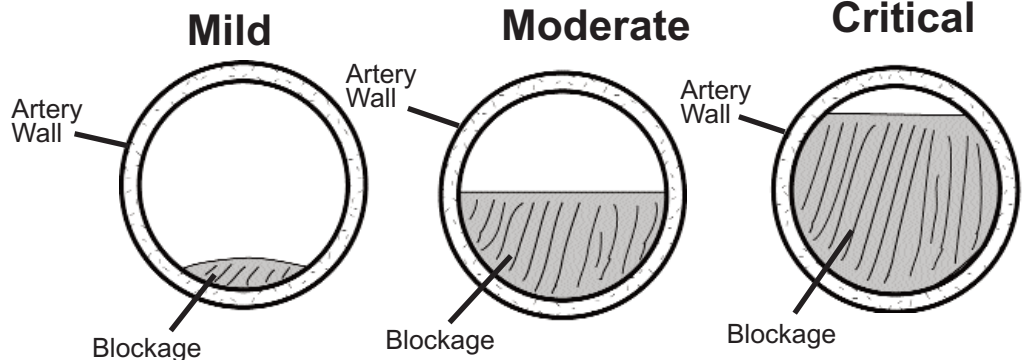
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Administrative District Council 1
660 N Industrial Drive, Elmhurst, IL

Saturday, October 26th, 7:00AM - 12:00PM
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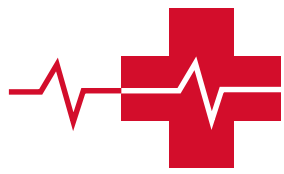
*Appointments are necessary! Call Toll Free 1-877-732-8258
To Schedule Today!*

Four Life Saving Screenings

Stroke Screening
This screening visualizes the buildup of fatty blockage in the carotid arteries. This condition causes the majority of strokes. This blockage is a silent, progressive condition, that causes stroke and heart disease. This condition is treatable and the best way to detect your risk is with ultrasound screenings.

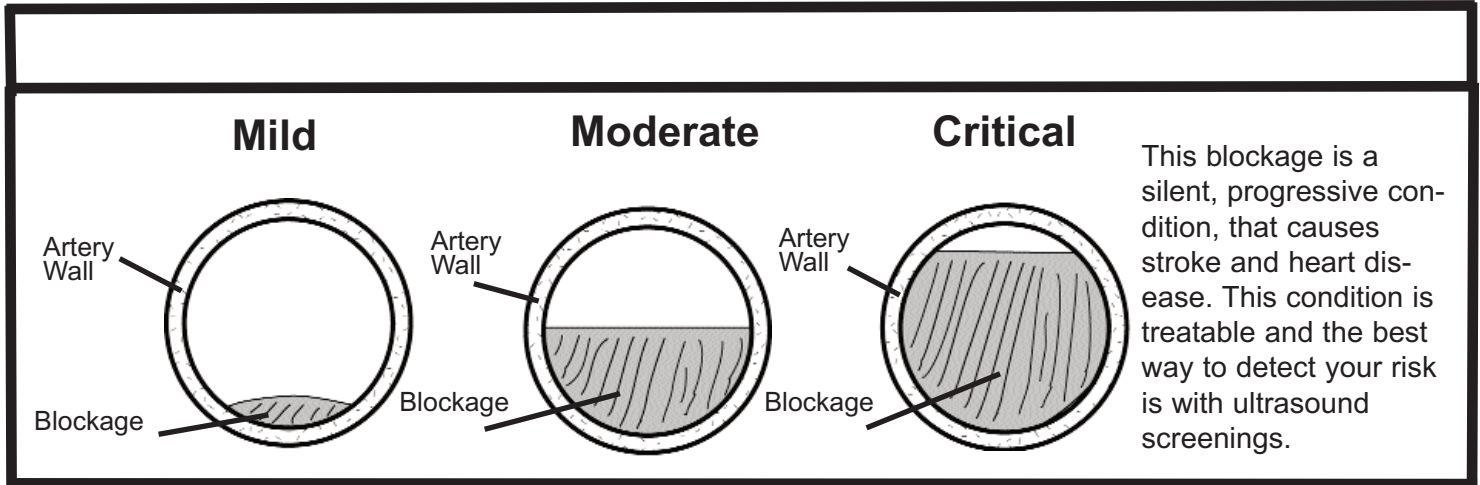


**FREE Stroke Screening For Members
and Dependents of Participating Funds**



STROKE DETECTION *Plus*

PREVENTION THROUGH EARLY DETECTION



- + We provide screenings that would cost between \$300-\$700 per test in the hospital setting.
- + A doctor cannot order these tests without the patient showing signs & symptoms. It is estimated that two thirds of stroke victims did not have any warning.
- + We estimate the percentage of blockage based on new research from the University of Washington.
- + A board certified, licensed physician reviews all screening results.
- + The goal of this screening is to alert people of a health risk that might otherwise go undetected, and to inform them of the need for follow-up with their physician.
- + RN phone consultation for all abnormal results.

Two Or More Conditions And You Are At Risk!

- Over 40 yrs. old
- More Than 20lbs. Overweight
- Family History of Strokes
- High Cholesterol
- Cigarette Smoking
- Diabetes
- High Blood Pressure
- Inactive Lifestyle
- Heart Disease
- TIAs - Minor Strokes

2407 S.W. 9th Street . Des Moines, IA 50315 515.244.3080 . 877.732.8258

Visit Our Web Site: www.strokedetectionplus.com

This screening is not a covered Medicare expense. If this is not covered by your Trust Fund, you can pay by cash, check or credit card the day of the event