



# AUTOMOBILE MECHANICS' LOCAL 701 WELFARE FUND

361 S. FRONTAGE ROAD, SUITE 100 | BURR RIDGE, IL 60527

TELEPHONE: (708) 482-0110 | TOLL FREE: (800) 704-6270 | FAX: (708) 482-9140

September 2018

Dear Welfare Plan Participant:

On behalf of the Local #701 Welfare Fund Board of Trustees, I am pleased to inform you, your spouse and your eligible dependent children who are ages 18-26, that you all have the opportunity to participate in one of seven **“Building Bridges to Health”** fairs being offered on Saturdays during September, October and November 2018 and on Sunday, September 30, **at no cost to you. That’s right, NO cost to you! The Board of Trustees has agreed to pay for your testing to keep you healthy!** Non-participants and/or those not eligible for insurance coverage from the Welfare Fund can also attend the health fair and receive the tests and vaccines but they will be charged for the services (\$120-\$215) which is due at the time of service. You are welcome to attend any location – Volo, Joliet, Elmhurst, Burr Ridge, Chicago, or Aurora. The health fair starts at 7:00 am and continues until 12:30 pm on all Saturdays and starts at 9:00 am and continues until 12:00 pm on Sunday. You select which date and location is the most convenient for you!

In addition to a very comprehensive blood test, you can talk with a variety of medical professionals and update your vaccines. Men over 50 will receive a PSA blood test and women over 40 will receive thyroid testing. The A1c test will be available for our diabetic and pre-diabetic members. In addition, if you are at risk for pneumonia or tetanus, you can get the vaccines at this year’s health fair. The tests/vaccines you choose to have done are not meant to bypass your physician, but are meant to improve communication with your physician at your next appointment.

The Local #701 Welfare Fund Board of Trustees would like to do their 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

Rest assured that this program **is completely confidential** and is administered by an independent service provider, Interactive Health Solutions. No one at the Fund Office or Union will have access to your personal health information.

To get the best results from this initiative, we need your support and participation. Register for the health fair and make an appointment for the blood test by contacting [www.myinteractivehealth.com](http://www.myinteractivehealth.com) or by calling 1-800-840-6100. Make an appointment for the carotid artery test by calling 1-877-732-8258. **When asked, your Fund Name is the Automobile Mechanics’ Local #701 Welfare Fund. Remember, it saves time if you can fill out your health history online before your appointment!**

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 carotid artery test.

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 Interactive Health Solutions at 1-800-840-6100 or our Health fair coordinator (the Midwest Employee Benefit Funds Coalition) at 708-639-9004.

Sincerely,

A handwritten signature in blue ink that reads "Steve M. Bukovac". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Steve M. Bukovac  
Fund Administrator

SMB:jfe

Enclosures



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

### How to Schedule Your Onsite Health Evaluation

1. Register online at [myinteractivehealth.com](http://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-\$160, plus an additional \$55 if you request the carotid artery test, 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:

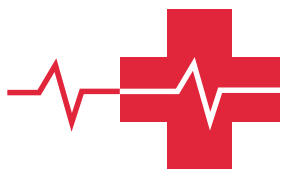
- ✓ **\$50 gift cards** – anyone who attends can fill out the raffle entry to win
- ✓ **\$25 gift card** – anyone who stops by the Epic Hearing table can enter to win
- ✓ **Designer Sunglasses** – stop at the vision table and enter to win
- ✓ **Mariano's Food Basket** – the healthiest recipe submitted 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



# STROKE DETECTION *Plus*

PREVENTION THROUGH EARLY DETECTION

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

***You Asked, We Heard You! New This Year-Carotid Artery Screening!***

"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 22nd 7AM - 12:30PM**  
Plumbers Local 130  
31855 N US Highway 12 - Volo, IL

**Saturday September 29th 7AM - 12:30PM**  
**Sunday September 30th 9AM - 12PM**  
IUOE Local 150  
1050 NE Frontage Road - Joliet, IL

**Saturday October 6th 7AM - 12:30PM**  
Administrative District Council 1  
660 N. Industrial Drive- Elmhurst, IL

**Saturday October 27th 7AM - 12:30PM**  
Teamsters Local 731  
1000 Burr Ridge Parkway - Burr Ridge, IL

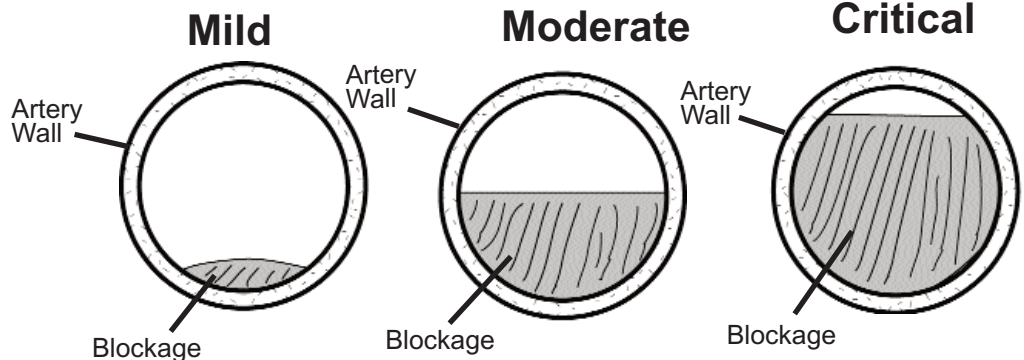
**Saturday November 3rd 7AM - 12:30PM**  
IUOE 399  
2260 S Grove Street - Chicago, IL

**Saturday November 10th 7AM - 12:30PM**  
Painters District Council 30  
1905 Sequoia Drive - Aurora, IL

*Appointments are necessary! Call Toll Free 1-877-732-8258  
To Schedule Today!*

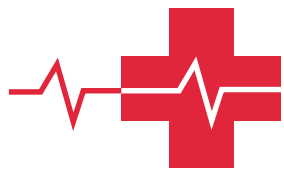
### Four Life Saving Screenings

**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.



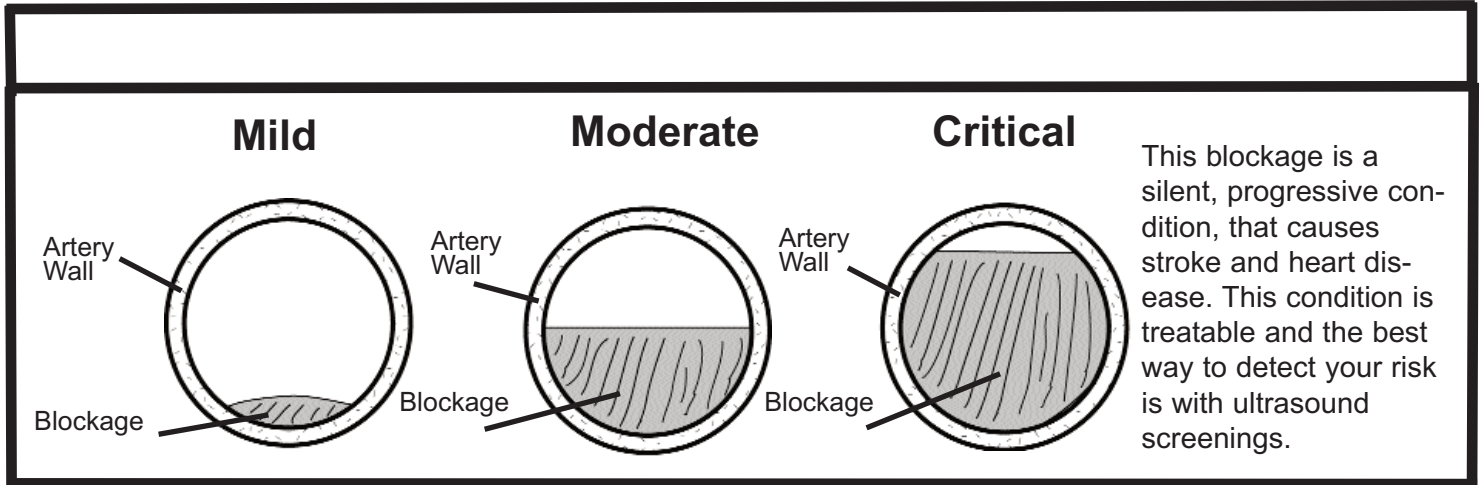
**FREE Stroke Screening For Members  
and Dependents of Participating Funds**

SC300



# 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](http://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