



# IRON WORKERS' Tri-State Welfare Fund

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## FREE HEALTH SCREENINGS AT LOCALS

Dear Participant:

We would like to remind you that the Fund has contracted with Life Line Screening to offer their state-of-the-art ultrasound, blood, and biometric screenings to all members and spouses who are eligible participants. We are now ready to invite you and your spouse to the onsite screenings. Please be sure to call your local to schedule your appointment.

### Screenings Are Free

This package is a set of highly valuable screening services that will help you and your spouse identify risk of chronic disease, worth \$180 per person. Because you are a participant of the Iron Workers' Tri-State Welfare Fund, you and your spouse will receive these screenings for free — the Fund will pay the full cost. In addition, you can earn a reward by taking the screenings. Continue reading to find out how.

### Screenings Can Identify Risk for Disease Early

Let's face it, Heart Disease, Type II Diabetes, Stroke, Aneurysm and other vascular diseases have a profound impact on individuals and their families. Screenings can help to identify disease risk in the earliest stage, before they become serious. In many cases, disease can be avoided with simple life style changes and working with your personal physician. Take advantage of these important services that are provided to you free of charge by the Fund.

### Additional Screenings

During your appointment, additional tests may be suggested, such as Thyroid Disease Screening, Prostate Cancer Screening, Chronic Kidney Disease Screening, or the PSA Test. It is up to you whether you take the test(s) or not, but the Fund will pay the full cost of the tests.

### Confidentiality

All results are CONFIDENTIAL and shared only with you. At the time of your screening, you will be asked to sign the HIPAA consent form to share your results with the disease management vendor, MCM. If needed, MCM can help you either manage your disease or reduce your health risk.

### Earn Up to \$200 per Family for Screenings

Keep in mind that the Fund provides an incentive for getting the screening or a physical. You and your spouse can each earn \$100 for your family's Benny Card (Healthy Foundations HRA). Your family can use the money in your account to pay for health care expenses that the Plan doesn't pay, like deductibles, copays, or self-payments for coverage.

*"Working exclusively for Union Iron Workers and their Families"*

## Dates and Locations

We are providing onsite screenings at the following locations; please call your Local to schedule an appointment for yourself and your spouse. Appointments will be scheduled from 8:00 am to 3:00 pm at all locations and will be filled on a first call, first serve basis. All the dates fall on Saturdays.

Date	Location	Address	Phone Number	Contact
September 23, 2017	Local # 380	1602 East Butzow Dr. Urbana, IL 61801	217-367-6014	Angie
October 21, 2017	Local # 112	3003 North Main St. East Peoria, IL 61611	309-699-6489	C. J. Kraft
September 16, 2017	Local # 393	1901 Selmarten Road Aurora, IL 60505	630-585-1600	Cathy
September 9, 2017	Local # 498	5640 Sockness Drive Rockford, IL 61109	815-873-9180	Penny
October 7, 2017	Local # 111	8000 29 <sup>th</sup> Street West Rock Island, IL 61201	309-756-6614	Kim
September 9, 2017	Local # 444	2082 Oak Leaf St. Joliet, IL 60436	815-725-1804	Sara

## Make an Appointment

For you and your spouse to receive the confidential screening, you must call and schedule an appointment. Call the number listed above to make an appointment. Appointments will be filled on a first-call, first-serve basis. Please provide the information requested, such as your and your spouse's names and the times of your appointments.

Please keep your appointment. The Fund will have to pay for your test whether you attend or not. You will receive a phone call to remind you of your appointment closer to the event date. Please bring a picture ID to your appointment. Screenings take about an hour.

**Use the Tristate App for a quick reference to the dates and contacts on your phone.**

**[www.tristatewelfarefund.com/web-app](http://www.tristatewelfarefund.com/web-app)**

## Before the Appointment

To get the most accurate cholesterol and glucose readings, you must fast for at least 8 hours before your scheduled appointment. You may not eat or drink anything except water during the fast. If you are taking prescribed medications that require you to take them with food or have some medical condition that may preclude fasting (like diabetes), check with your doctor before fasting. Even if you cannot fast, the screenings will provide you with important information about your health.

## Don't Forget

You and your spouse each earn an additional \$100 contributed to your family Benny Card (Healthy foundations HRA) when you each take the online health assessment through the Mayo Clinic (\$100 for you and \$100 for your spouse). The assessment takes about 12 minutes and consists of simple questions. Log onto [www.mcmhealthsolutions.com](http://www.mcmhealthsolutions.com) by entering your email and password and select *I'm ready to take the Health Assessment now.*

Don't pass up this opportunity to take charge of your health and earn money for getting a screening and taking the health assessment.

Sincerely,

Board of Trustees