



2260 S. Grove Street  
Chicago, Illinois 60616  
(312) 372-9870 Office  
(312) 842-0291 Fax  
[www.iuoe399.org](http://www.iuoe399.org)

## **“BUILDING BRIDGES TO HEALTH 2019”**

*An Early Detection and Prevention Health Fair  
For Members Covered by IUOE Local 399's H&W Plan*

We are pleased to announce that you, your spouse and your eligible dependent children who are at least age 18, have the opportunity to participate in one of the six **“Building Bridges to Health”** fairs being offered on Saturdays (and 1 Sunday) during September and October 2019, **at no cost to you**. You are welcome to attend any location (Volo, Countryside, Chicago, Elmhurst, or Joliet, IL). **IUOE Local 399 will host the event on Saturday, September 28th at the Union Hall.** The health fair starts at 7:00 am and continues until 12:30pm. 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 get your flu shot. 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.**

IUOE Local 399 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 Local 399 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](http://www.myinteractivehealth.com)** or by calling 1-800-840-6100. When asked your Fund please identify **Local 399**.

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.

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 Local 399's H&W Fund Office at (312) 372-9870 (option 3), Interactive Health or our Health fair coordinator at (708) 639-9004.

Sincerely,

IUOE Local 399 Health & Welfare



# 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:

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

### 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 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>





# 2019 Building Bridges to Health

You are invited to participate in a comprehensive Health Fair endorsed by Local 399's Health & Welfare Plan. 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**
- **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-12:30 pm** and **1 Sunday from 8:00 am - 12:30 pm**.

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