



For Local 399 H&W Plan Participants

“Building Bridges to Health” Health Fair is Back!

Sign up Today!

Local 399’s H&W Fund is participating in the Labor Coalition’s annual health fair in 2016. Members and their spouses are invited to attend one of the Saturday dates shown below for a comprehensive biometric blood screening. The results will be available to you and your physician shortly after your appointment date. You will also receive a personal health assessment in the mail or to your email. Your results are 100% confidential.

ALSO AVAILABLE: Flu shots, hearing and vision screenings, onsite healthcare professionals to answer questions, raffle prizes, and refreshments.

All this at no charge to H&W Plan participant members and their spouses.

2016 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:

October 1st	Painters District Council 30	1905 Sequoia Drive • Aurora, IL
October 15th	Administrative District Council 1	660 N. Industrial Drive • Elmhurst, IL
October 22nd	Operating Engineers • Local 399	2260 S. Grove Street • Chicago, IL
October 29th	Teamsters Local 731	1000 Burr Ridge Pkwy. • Burr Ridge, IL

How to Schedule Your Onsite Health Evaluation

1. Register online at 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 to identify IUOE Local 399 as your union and provide the ID number on your Local 399 H&W/BCBS ID card.**
3. **Health Plan Participants:** *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>





2016 Building Bridges to Health

You are invited to participate in a comprehensive Health Fair sponsored by Local 399's Health & Welfare Fund. In addition to a comprehensive, 36-panel blood test, the following services/providers will be available:

- **A1c blood tests** for diabetics; PSA for men over age 50; thyroid testing for women over age 40.
- **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. Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.
- **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 when you stop by the nutritionist – we will also be doing a 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 & basic vision testing**
- **Chiropractor** – Learn about spinal issues and see about a chair massage
- **"Kids Korner"** - No testing, just coloring pages, crayons and 3 locations will have face painting!
- **Refreshments** - Juice, coffee, teas and water will be provided as well as fruit and healthy snacks.
- **And More ... PRIZES!**

Prizes this year include:

- Participate in the blood draw and you can win a \$150 gift card or a Fitbit
- \$100 gift card – 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 4 different locations on 4 different Saturdays from 7:00 am-12:30 pm. Appointments are **ONLY** required for the blood work.