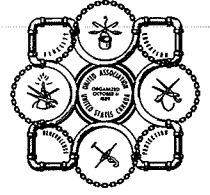




NORTHERN ILLINOIS BENEFIT FUNDS



1295 Butterfield Rd., Aurora, IL 60502-8879 • Ph (630) 978-4600 • Fax (630) 978-4616 • email: benefitfunds@ualocal501.org

RE: "BUILDING BRIDGES TO HEALTH 2013" - AN EARLY DETECTION AND PREVENTION HEALTH FAIR

******* ENROLL AND HAVE A CHANCE TO WIN A WII SYSTEM *******

Dear Participants in the Northern Illinois Benefit Fund:

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 seven "**Building Bridges to Health**" fairs being offered on Saturdays in the months of September, October and November 2013, **at no cost to you**. The Northern Illinois Benefit Fund is offering the fourth annual health fair at the former Plumbers & Pipefitters Local 501 meeting hall in Aurora on **Saturday, November 9, 2013, from 7:00 am until 12:30 pm**. You are free to attend one of the other health fairs in Volo, Elmhurst, Chicago, Burr Ridge, Tinley Park, and Merrillville, IN.

Procedures available include comprehensive blood work, flu shots, bone density testing, talk with a nutritionist, ask a pharmacist, ask the dentist and more. Men over 50 will receive a PSA blood test and women over 40 will receive a thyroid test. **If you have diabetes, you can also have the A1C blood test. The A1C test measures your average blood glucose control for the past 2-3 months.** These tests and the flu shots will be conducted **at no cost to you**.

The Northern Illinois Benefit Fund would like to do our part to ensure that you have resources necessary to live a healthy life. This process will give you:

- A thorough preventative health evaluation administered at one of seven locations.
- Printed and on-line health education materials.
- Full lab analysis report with the ability to forward 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 the Northern Illinois Benefit Fund will have access to your personal health information. You should register and make an appointment for the blood test by contacting www.interactivehs.com or by calling **1-800-840-6100**. **A 12-hour fast is recommended.** **Remember, for those of you who participate in the blood test, you will be entered into a raffle to win a Wii System.**

In the event you cannot attend, we have enclosed vouchers from Dominick's that provide discount prices for vaccinations. If you have any questions or concerns regarding this health fair, please contact the Fund Office at (630) 978-4600 or IHS directly.

Sincerely,
Board of Trustees - Northern Illinois Benefit Fund

Visit us at: www.ualocal501.org

Serving Journeymen and Apprentices of the Plumbing and Pipe Fitting Industry

Building Bridges to Health

Your Benefit Fund and the Midwest Employee Benefit Funds Coalition, Inc. are pleased to present convenient and comprehensive on-site health evaluations. Your evaluation will include testing for cardiovascular disease, diabetes, liver and kidney disease and much more.

- ❖ **FREE** for all covered members and adult dependents – paid for by your fund.
- ❖ **A1c testing for diabetics** – available this year.

Health evaluations are **by appointment** between 7:00 a.m. and 12:00 p.m.

You can schedule an appointment for any of these locations:

September 21, 2013	Plumbers Local 93	31855 N. US Hwy 12, Volo, IL
September 28, 2013	Administrative DC 1	660 N. Industrial Drive, Elmhurst, IL
October 5, 2013	IUOE Local 399	2260 S. Grove St, Chicago, IL
October 12, 2013	Teamsters Local 731	1000 Burr Ridge Parkway, Burr Ridge, IL
October 26, 2013	Heat & Frost Insulators 17	18520 Spring Creek Road, Tinley Park, IL
November 2, 2013	Operating Engineers Local 150	2193 W. 84 th Place, Merrillville, IN
November 9, 2013	NIBF – Plumbers & Pipefitters	1295 Butterfield Road, Aurora, IL

Flu shots, hearing tests and bone density testing are among the other procedures available.

1. Go to www.myinteractivehealth.com to reserve your appointment online. First-time website users will have to register using the Sponsor Code **RVJDM**.
2. Once registered and logged in, click the link in the red box titled "Schedule Your Appointment" in the upper left hand corner of your home page. **You will be asked your Union Name and Number or Trust Fund Name and Number**, please have the trust fund code provided in your union or fund's cover letter.
 - ❖ Health Plan Participants: Enter your Insurance Number and Group ID (found on your insurance card). **Please bring your Insurance Card to your appointment.**
 - ❖ Non-Plan Participants: The fee of \$115 or \$155 is due at the time of service. Cash, personal check, MasterCard and VISA are accepted.
3. You may also call Interactive Health at 1-800-840-6100 to register.

Important notes for the day of your appointment:

- **Please bring your Insurance Card to your appointment.**
- Have your doctor's contact information (name, email, phone and fax numbers) available – either when you register or at the health fair and IHS can send your test results directly to your doctor.
- **Want to reduce your paperwork at the health fair?** After you've scheduled your appointment over the phone, go to www.myinteractivehealth.com, create (or access) your unique profile, and click on the prompt to complete your Health History questionnaire. At the health fair you only need to sign off instead of having to fill out the questionnaire.
- **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 would prevent you from fasting 12 hours, please follow your doctor's instructions regarding fasting.

- Interactive Health is a HIPAA compliant company.
- Testing takes less than 20 minutes of your time.
- Results are available online within 7 days and by mail within 2 weeks.
- Personal Health Goals using our *proprietary Interactive Health Index (IHI)* highlights your current health risk status and sets realistic personal goals for improvement.
- Services include optional, confidential one-on-one telephonic health education programs, unlimited access to your personal web portal, and more!



Interactive
HEALTH

Building Bridges to Health – 2013

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. 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.
- **Bone density tests** – a non-invasive baseline test to determine bone density.
- **Ask the Pharmacist** – Pharmacists will be present to answer questions about drug interactions, how or when medication should be taken, 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 (dentists and or dental hygienists) 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.
- **Health coach/Nutritionist** to learn your Body Mass Index
- **Basic hearing screening** – for events in September and October, basic hearing screenings will be available.
- **And More...**

Refreshments of juice, coffee, teas and water will be provided as well as fruit and healthy snacks. And we will have a "Kids Korner" as well (no testing, just coloring books and crayons!). Those who participate in the blood test will be entered in a drawing to win a Wii system and all Members and Spouses who attend the health fair will receive an entry form to win a \$100 gift card.

Health fair events will take place at seven locations on seven different Saturdays. Doors open at 7:00 am and close at 12:30 pm.

Appointments are only required for the blood work.

Patient Name: _____ Store # _____

Pharmacy

at Dominick's

Getting your flu shot is as easy as stopping by your local Dominick's Pharmacy! This voucher entitles you to a **\$17.00 flu** vaccination. To find the nearest Dominick's Pharmacy visit Dominicks.com/flu. No appointment is necessary or if you prefer, call ahead for a convenient time. Vaccinations can be administered to individuals 14 years and older. Discounted rates are also available for Pneumonia and Shingles vaccinations. **Pneumonia shots- \$70.00 Shingles shots- \$180.00 Tetanus shots - \$55.00.**

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EXPIRES: 12-31-13

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