August 2017

Dear Teamsters Local 731 Member:

We are pleased to announce the participation of Teamsters Local Union No. 731 in the 2017 “Building Bridges to Health” Fairs. Teamsters Local 731 Benefit Funds and the Midwest Employee Benefit Funds Coalition, Inc., (“MEBFC”) have agreed once again, to partner in a venture that will afford each Local Union member and their eligible dependents, age 18 and older, greater accessibility and convenience regarding the procurement of annual flu shots and healthcare screenings at no cost to you.

Each event will be conducted from 7:00 A.M. until 12:00 P.M. Participants are eligible to receive a comprehensive blood analysis, flu shot, basic hearing screening, nutrition information and access to a Pharmacist. Men over the age of 50 will receive a PSA blood test, women over the age of 40 will receive thyroid testing, and the A1c test will be available for our diabetic and pre-diabetic members. You will also have the opportunity to update your Tetanus vaccine which now offers whooping cough protection. In addition, if you are at risk for pneumonia or shingles and meet the clinical criteria, you can get those vaccines at this year’s health fair as well. These tests and procedures are available at no cost, to you and your eligible dependents, age 18 and older. The tests you choose to have performed are not meant to replace your Physician, but are meant to improve communication with your Physician at your next appointment.

This program is completely confidential and is administered by Interactive Health Solutions (IHS), an independent service provider. Registration opens Wednesday, September 6th, 2017. To schedule your blood test, visit www.myinteractivehealth.com or call 1-800-840-6100. If requested, our Sponsor Code is Z W 9 D Y, you will also be asked for the name of our Fund (Teamsters Local 731) and your Group and ID numbers, which you can locate on your Blue Cross Blue Shield (BCBS) card. You will also be required to present your BCBS card when you arrive for your appointment.

A Representative from Interactive Health will be in attendance at our Local Union facility on October 28, 2017 to discuss and explain the Local 731 Wellness Program and how to utilize this valuable benefit. And don’t forget, each member and spouse who participates in the health fair is also taking the first step in participating in the Local 731 Wellness Program and will qualify for the 2018 $400.00 Wellness Incentive.

Teamsters Local 731 members can visit any of the below-mentioned facilities on the appropriate dates to take advantage of this wonderful no-cost health benefit.

Accordingly, free flu shots and healthcare screenings will also be available in accordance with the following dates and locations;

**DATE:**
- Saturday, September 23, 2017
- Saturday, September 30, 2017
- Saturday, October 7, 2017
- Saturday, October 14, 2017
- Saturday, October 28, 2017
- Saturday, November 4, 2017

**LOCATION:**
- Plumbers Local 130 – 31855 N US Hwy 12, Volo, IL
- Teamsters Local 179 – 990 NE Frontage Road, Joliet, IL
- Administrative District Council 1 – 660 N Industrial Dr., Elmhurst, IL
- Plumbers Local 130 – 1340 W Washington Blvd., Chicago, IL
- Teamsters Local 731 – 1000 Burr Ridge Pkwy., Burr Ridge, IL
- Automobile Mechanics 701 – 450 Gundersen Dr., Carol Stream, IL

**HOURS FOR ALL LOCATIONS: 7:00 A.M. UNTIL 12:00 P.M.**
We sincerely hope that this convenient program will allow you greater access to take advantage of this wonderful family benefit. We trust that this partnership will make your life a little less stressful and assist you and your family on the road to good health.

Please refer to the attached informational flyer to obtain more details or simply contact the IBT Local 731 Benefit Fund Office at (630) 887-4150 for additional information.

If you choose to attend the Health Fair at the Burr Ridge location on October 28th, kindly consider contributing a new, unwrapped toy on behalf of less fortunate children in our community through the Teamsters Local Union No. 731 Toys for Tots Drive. Drop-off boxes will be placed in the main lobby for your convenience.

Thank you in advance for your consideration and generosity.

Sincerely,

The Board of Trustees
2017 “Building Bridges to Health” Health Fair

Sign up Today!

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!

2017 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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Address</th>
<th>Max Appt</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 23rd</td>
<td>Plumbers Local 130</td>
<td>31855 N US Hwy 12, Volo, IL</td>
<td>250</td>
</tr>
<tr>
<td>September 30th</td>
<td>Teamsters Local 179</td>
<td>990 NE Frontage Rd., Joliet, IL</td>
<td>300</td>
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</tr>
</tbody>
</table>

How to Schedule Your Onsite Health Evaluation

1. Register online beginning Wednesday, September 6th, 2017 at myinteractivehealth.com. First time website users can register using sponsor code ZW9DY.

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 (Teamsters Local 731)

3. Health Plan Participants: Enter your Blue Cross Blue Shield ID Number and Group ID. Please bring your Blue Cross Blue Shield 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 ZW9DY.

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 – 2017

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 of age 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.
- **Additional Vaccines** – You can update your tetanus vaccine and get protected against whooping cough. In addition, if you are at risk for pneumonia or shingles, you can receive those vaccines if you meet the clinical criteria.
- **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. Be sure to bring a healthy recipe with you when you stop by the nutritionist – we will be having a **Healthy Recipe Contest** again this year! Every recipe gets a gift, but the healthiest recipe (selected each week by the nutritionist) will win a food basket from Mariano’s! If you participated in the Healthy Recipe Contests the previous two years, your recipe is featured in one of the cookbooks posted on the events page of your Fund Office’s website at www.ibt731funds.org.
- **Basic hearing screening**
- **“Kids Korner”** - no testing, just coloring pages, crayons and **3 locations** will have face painting!
- At the **Burr Ridge location only**, vendors will have candy at their tables for children who wish to trick or treat! Halloween costumes welcome!
- **Refreshments** - juice, coffee, teas and water will be provided as well as fruit and healthy snacks.
- **And More... GREAT PRIZES WILL BE AWARDED!!!**

Prizes this year include:

- Participate in the blood draw and you can win one of five **$50 gift cards**
- **2 $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-12:00 PM.

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

We’re on Facebook – go to Building Bridges Health Fairs and “Like Us” to get the latest info