IMPORTANT NOTICE
To All Eligible Participants

August 2014

BUILDING BRIDGES TO HEALTH
** HEALTH FAIR **
(Actives Employees and Retirees Without Medicare)

The Suburban Teamsters of Northern Illinois Welfare Fund is pleased to participate again this year in a health fair event sponsored by the Midwest Employee Benefit Funds Coalition. **Your costs for participating will be paid in full by the Fund.** This benefit applies to eligible active employees, and eligible retirees who are not eligible for Medicare. Eligible spouses and children over the age of 18 may also participate, provided Medicare is not their primary health plan.

The five “Building Bridges to Health” fairs are being offered on Saturdays during September and October 2014. There is no cost to you. You and your spouse are welcome to attend any location (Lakemoor, Elmhurst, Chicago, Burr Ridge, or Tinley Park). The health fair starts at 7:00 am and continues until 12:30 pm. You select which date and location is the most convenient for you.

In addition to a very comprehensive blood test, you can receive a flu shot, have your bone density tested, talk with a pharmacist, talk with dental providers, receive a basic hearing screening and for the first time, receive a basic vision screening. Men over 50 will receive a PSA blood test and women over 40 will receive thyroid testing. The A1c test will be available for our diabetic and pre-diabetic members. These tests and procedures are available at no cost to you.

The Fund would like to do its 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 five 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 the Fund Office will have access to your personal health information.

Health Fair Registration Is Up and Running!

You should register and make an appointment for the blood test by contacting www.myinteractivehealth.com or by calling 1-800-840-6100. Have your medical (Blue Cross) I.D. card handy when you register, because you will be asked for some individual and plan identification information. Your fund’s name is the Suburban Teamsters of Northern Illinois Welfare Fund and your unique I.D. starts with the letters “SBF.” If asked for a sponsor code, it is RVJDM.

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 the Fund Office.

SEE THE ENCLOSED FLYER FOR DATES, TIMES AND ADDITIONAL INFORMATION.

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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.
- **Not covered by your Union’s fund?** You can participate for a flat fee of $120 or $160 based on your age and gender.
- **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:**

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<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>September 13, 2014</td>
<td>M.O.E Local 150 District 3 Hall</td>
<td>28874 Route 120, Lakemoor, IL</td>
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<tr>
<td>September 27, 2014</td>
<td>IUOE Local 399</td>
<td>2260 S. Grove St, Chicago, IL</td>
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<tr>
<td>October 4, 2014</td>
<td>Administrative DC 1</td>
<td>660 N. Industrial Drive, Elmhurst, IL</td>
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<tr>
<td>October 18, 2014</td>
<td>Teamsters Local 731</td>
<td>1000 Burr Ridge Parkway, Burr Ridge, IL</td>
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<tr>
<td>October 25, 2014</td>
<td>Heat &amp; Frost Insulators 17</td>
<td>18520 Spring Creek Road, Tinley Park, IL</td>
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Flu shots, hearing and vision tests, and bone density testing are among the other procedures available.

1. Go to [www.myinteractivehealth.com](http://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 $120 or $160 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](http://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!
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.

- **Nutritionist** – learn about your Body Mass Index and ask your questions about food pairings and how to read labels

- **Basic hearing screening & Basic vision testing**

- **Physical therapist** – learn about back strengthening exercises