



## **2021 FALL WELLNESS EVENTS**

The Teamsters Local Union No. 731 Wellness Program will be conducting two on-site Wellness Screening Events in October. The Fund will be offering Biometric Screenings as well as Flu Shots at each event.

### **Where and When:**

Teamsters Local 731 Union Hall, 1000 Burr Ridge Pkwy, Burr Ridge, IL 60527

- Saturday, October 23, 2021 - 7:00 A.M. until 11:30 A.M.
- Saturday, October 30, 2021 - 7:00 A.M. until 11:30 A.M.  
*(Registration will close for each event once capacity is met)*

**Due to the Covid-19 pandemic, walk-ins will not be accepted.**

**Only those with registered appointments will be admitted, and only at their appointment time.**

**FACE MASKS MUST BE WORN AT ALL TIMES - NO EXCEPTIONS!**

### **It's Easy to Sign up:**

- To Register for the screening, go to [app.chcw.com](http://app.chcw.com) and follow the steps to register.
- **New Participants:** Enter in program code **4604Tea154** in the "New Participants" box and select "Register." Follow the prompts to register and sign up for a screening.
- **Returning Participants:** Log in with your CHC username and password. On your Wellbeing Journey page, select the "Join the New Wellness Program" card and enter code **4604Tea154**. Complete the cards on your Journey page to successfully register for the screening.
- If you need assistance, kindly call **(866) 373-4242** to sign up for your screening via telephone.
- When registering for the on-site screening, follow the prompts to select the Date and Time for your biometric screening and flu shot appointments. You will then complete your Health & Lifestyle Survey.

### **This is a Fasting Test!**

For the most precise results, you must fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.

**YOU HAVE UNTIL DECEMBER 31, 2021 TO COMPLETE YOUR BIOMETRIC SCREENING  
TO EARN YOUR \$400.00 WELLNESS INCENTIVE FOR 2021!**

**There is no cost to you\***

*\*Available at no cost for all covered Members and spouses - paid for by the IBT Local 731 Health & Welfare Benefit Funds*

**Note: Your results are 100% confidential**

## UNABLE TO MAKE IT TO ONE OF OUR ON-SITE EVENTS?

There are other ways to participate in the Wellness Program if you are unable to make it to one of our on-site events.

- **SCREENING THROUGH A LOCAL LAB:** VISIT A LAB BY DECEMBER 31, 2021.
  - When registering for the screening, select the “Test at a Lab” option. After completing registration and your Health & Lifestyle Survey, print or display on your telephone the two lab forms at your local LabCorp Facility. *Note: Blood pressure readings may not be available at all LabCorp locations. Please select "Employee Wellness with Body Measurements" when visiting [www.labcorp.com](http://www.labcorp.com) to find the facility nearest you.*
- **PHYSICIAN FORM:** VISIT YOUR DOCTOR AND SUBMIT YOUR RESULTS NO LATER THAN DECEMBER 31, 2021.
  - When registering for the screening with CHC Wellbeing, select the “Physician Form” option. After completing registration and your Health & Lifestyle Survey, print and take the form to your physician and have them fill it out. Upload your results to your CHC portal by logging in to [app.chcw.com](http://app.chcw.com) and clicking the “Upload Your Results” button OR via facsimile to CHC at (847) 437-2775.

**NOTE:** To qualify for a \$400.00 Wellness incentive in 2021, test results must be from blood drawn between 01/01/2021 and 12/31/2021. Test results from 2020 will not be considered or qualify for the 2021 incentive. If you have already received your \$400.00 wellness incentive in 2021, you will not qualify for another one in 2021.

**OFF-SITE FLU SHOTS:** As always, you can visit your local pharmacy and present your prescription drug card (EmpiRx) to receive your flu shot at a time and location that works best for you and your family, at no cost to you. If you prefer to get your flu shot in your physician’s office, you may also do that as well. Just present your BCBS insurance card at the time of service.

Should you have any questions regarding the Wellness Incentive or how the Wellness Program operates, kindly contact the Fund Office at (630) 887-4150.





# TEAMSTERS LOCAL UNION NO. 731

## WELFARE FUND

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1000 Burr Ridge Parkway, Suite 301 • Burr Ridge, IL 60527 • (630) 887-4150 • Fax (630) 887-4155

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When registering online with CHC Wellbeing to enroll in the Wellness Program, in order to complete your registration, a verification code needs to be sent to the registrant's email address or cellphone number. If they have the wrong information on file for that person, or they have duplicate information for both the member and the spouse, you may have difficulty registering through their website.

Kindly provide the Fund Office with both your current email address and cellphone number, as well as that of your spouse, so we may update your records on file. We have also included an additional line for your mailing address, so that we can verify that we have that up to date as well. A prepaid return envelope has been provided for your convenience. Or you may email this form to [cs@ibt731funds.org](mailto:cs@ibt731funds.org).

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Member's Name

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Member's ID# or Last 4 of SSN

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Member's Email Address

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Member's Cellphone Number

---

Street Address

City

State

Zip

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Spouse's Name

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Spouse's Email Address

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Spouse's Cellphone Number

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Member's Signature

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Today's Date

Should you have any questions or concerns, please feel free to contact the Fund Office at (630) 887-4150.

Sincerely,

Local 731, I.B. of T. Health & Welfare Funds