

2024 FALL WELLNESS EVENT

Free event for all covered members and spouses

The Teamsters Local Union No. 731 will be conducting their annual on-site Wellness Event

Participants who attend this event will be able to participate in a free biometric screening, skin health screening, Carotid Artery Screening, Abdominal Aortic Aneurysm Screening, Peripheral Arterial Disease PAD screening, and Physical Therapy Introductions.

Where and When:

- Teamsters Local 731 Conference Center, 1000 Burr Ridge Pkwy, Burr Ridge, IL 60527
- Saturday, October 26, 2024, 6:30 A.M. until 12:30 P.M.

It's Easy to Sign up:

- To Register for your biometric screening, go to www.chcw.com or Scan the QR Code and follow the steps to register. Registration will close once capacity is met.
- **New Participants:** Enter in program code **6352Tea154** in the "New Participants" box and select "Register." Follow the prompts to verify your personal information, sign up for a screening, and complete the Health & Lifestyle Survey.
- **Returning Participants:** Log in with your CHC username and password under "Individual Login" and select "Log in". Then complete the activity cards under "Today's Activities" on your dashboard to successfully register for your screening.
- **\$400 Wellness Incentive-** You will need to complete your Health & Lifestyle Survey to qualify for a \$400.00 wellness incentive.
- **Appointments-** You will need to schedule your blood test and Health Gauge Screening services separately. Health Gauge appointments will be made by going to the Health Gauge website teamsters731.hgscreenings.com



Skin Health Assessment by Skin IO -Did you know that skin cancer is the most common type of cancer in America? Luckily, it is easy to treat when it's caught early. Visit the Skin IO Booth, located in the Conference Center.

Hinge Health -You don't have to put up with joint pain. Whether you are recovering from an injury or dealing with everyday joint pain, you can get relief. Visit the Hinge Health Booth, located in the Conference Center.

Stroke Screening by Health Gauge -Health Gauge screening services are designed to identify risk factors that can lead to cardiovascular disease, stroke or other serious illness. Each health check takes a few minutes to conduct, and you can stay clothed and comfortable. Stop by the Health Gauge Booth located in the Conference Center to conduct your screening.

- **Carotid Artery (Stroke) Screening** - Visualizes the build-up of fatty plaques within the carotid artery (along the neck) which causes the disruption of adequate blood flow to the brain, causing a stroke. Many strokes are caused when these arteries become blocked. *98% of stroke victims have no symptoms prior to having a stroke*
- **Abdominal Aortic Aneurysm Screening (AAA)** - Visualizes any abnormalities, enlargements or ballooning within the abdominal aorta. Aortic aneurysms are highly hereditary. When detected, they can be repaired, allowing individuals to live longer lives. *Aortic aneurysms present no symptoms and are responsible for 25,000+ deaths each year.*
- **Peripheral Arterial Disease (PAD) Screening** - An Ankle Brachial Index "(ABI) Screening" is used to screen for Peripheral Arterial Disease (PAD) in the legs which determines if blood flow blockages are present. *PAD is the leading cause for amputation in the U.S.*

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, 2024.
 - 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 to find the facility nearest you.
- **PHYSICIAN FORM:** VISIT YOUR DOCTOR AND SUBMIT YOUR RESULTS NO LATER THAN DECEMBER 31, 2024.
 - 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 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 2024, test results must be from blood drawn between 01/01/2024 and 12/31/2024. Test results from 2023 will not be considered or qualify for the 2024 incentive. If you have already received your \$400.00 wellness incentive in 2024, you will not qualify for an additional incentive in 2024.

By participating in the Wellness Program, you will also receive \$0.00 co-pays for all drugs and services through 12/31/2024 related to:

- Diabetes
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Heart Disease (CAD)
- Hypertension
- Hyperlipidemia
- Congestive Heart Failure (CHF)
- Asthma

Wellness Program participation in 2024 will cover your \$0.00 co-pays for the remainder of 2024, and all of 2025, so long as you are eligible under the Plan. If you are currently receiving this valuable benefit because you participated in 2023, and do not participate again in 2024, your \$0.00 co-pays will end on 12/31/2024.

NOTE: YOUR RESULTS ARE 100% CONFIDENTIAL

Any incentive you receive will be tax-free, in the form of reimbursement for eligible health care expenses. As a tax-free benefit by the Plan, the Fund must adhere to all applicable IRS guidelines and regulations.

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*

If you have any questions regarding the Wellness Incentive, the \$0.00 co-pay or how the Wellness Program operates, contact the Fund Office at (630) 887-4150.