Building Bridges to Health

Automatic Sprinkler Local 281, U.A. Welfare 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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>September 13</td>
<td>M.O.E Local 150 District 3 Hall</td>
<td>28874 Route 120, Lakemoor, IL</td>
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<td>September 27</td>
<td>IUOE Local 399</td>
<td>2260 S. Grove St, Chicago, IL</td>
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<td>October 4</td>
<td>Administrative DC 1</td>
<td>660 N. Industrial Drive, Elmhurst, IL</td>
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<td>October 18</td>
<td>Teamsters Local 731</td>
<td>1000 Burr Ridge Parkway, Burr Ridge, IL</td>
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<td>October 25</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 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, 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!