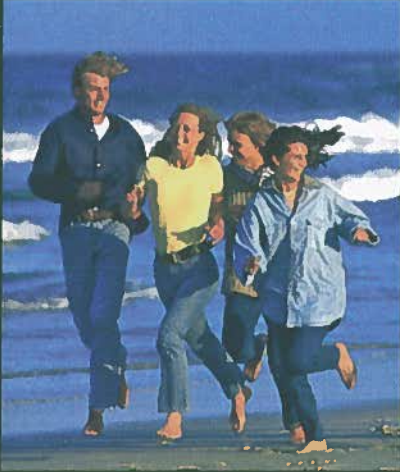


It all begins with Your Comprehensive Health Evaluation!



Care for *Your Health*

- ◆ Discover your state of health and help ensure a healthy future
- ◆ Receive personalized valuable health information
- ◆ Continued support and coaching

ACTIVE MEMBERS & UNDER 65 RETIREES

The UA Local 13 Health and Welfare Board of Trustees along with the Local 13 Benefit Office cares about your health and well-being, and they are pleased to offer a convenient on-site health evaluation to all employees and spouses currently participating in the Local 13 health insurance plan. This comprehensive health evaluation, through a blood test, will screen over 35 different health indicators to promote early detection for cardiovascular disease, diabetes, liver and kidney disease and much more. You will incur no out-of-pocket expense as it is completely covered by your health insurance plan.

Health evaluations are by appointment only on:
Friday, October 28th beginning at 5:30am-12 noon
Saturday, October 29th beginning at 7:00am- 12 noon
at The Local 13 Union Hall

Upon completion of your health screening you will be entered into a drawing for one of 4 prizes:

1st Prize	\$1000 Visa Gift Card
2nd Prize	\$500 Visa Gift Card
3rd Prize	\$500 Visa Gift Card
4th Prize	\$100 Gift Certificate to Delmonico's Steak House

*******Fasting is required prior to the health screening*******

Please choose one of the options below to schedule your appointment:

- To Register On-Line** go to www.interactiveihs.com and click on Instructions for reserving your appointment online. First-time website users will have to register using the Sponsor Code **WFRS5**.
 - Find the apple in the red box on the upper left side of the Home Page and click where indicated.
 - Enter your Insurance ID Number (found on your insurance card). You will receive an Explanation of Benefits (EOB) from your insurance, however, you will not owe money to IHS or your insurance after the event.
 - When you come to your appointment bring your insurance card.
- To Register by Phone** call IHS at 1-800-840-6100
- You may also register in person** at the Local 13 Benefits Office or contact them at 585-338-2310 x106.

For your convenience, IHS can communicate your test results directly to your physician if you provide their information (name, email, phone and fax numbers) either when you make your appointment or at the time of your health evaluation

***** BE SURE THAT THE SCREENING TIME YOU CHOOSE DOES NOT CONFLICT WITH ANY WORK TIMES. LOCAL 13 IS NOT RESPONSIBLE FOR MISSED WORK DUE TO SCREENINGS *****