



Robert J. Cooper, Jr.
Business Manager

Kristopher D. Winget
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President-Organizer

Dear Participant:

Sprinkler Fitters 669 has partnered with Health Gauge to provide healthcare screenings at NO COST TO YOU. Refer to the enclosed flyer to see the list of potentially life-saving screenings available to you and other eligible participants at our upcoming on-site health fair.

WHO IS ELIBLE TO PARTICIPATE:

NASI Welfare Fund participants.

Spouses and dependents 18 years of age and older.

NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare).

WHEN ARE THE SCREENINGS BEING HELD:



Thursday, October 15

Friday, October 16

Saturday, October 17

See enclosed flyer for time and location details.

Appointments are required. Your screenings will be completed in under an hour.

To schedule your appointment, call (515) 244-3080 or go online to <https://PP125.timetap.com>.

WHAT TO EXPECT:

When you arrive at your appointment, you will be greeted and checked in by a Health Gauge staff member. Your confidential health screenings will include:

- Biometrics, such as resting pulse and blood pressure.
- Non-invasive ultrasound screenings to identify the amount of blood vessel blockage in the neck, abdomen, and legs, which correlates to risk of stroke and other cardiovascular conditions.
- A comprehensive blood draw that informs you of diabetes risk, evaluates the body's major organ functions, and provides a full cholesterol profile.

Refer to the enclosed flyer for a more detailed list of FREE screenings available to you during your appointment. Contact Health Gauge at (515) 244-3080 if you would like additional information regarding these screenings.

Your ultrasound results will be reviewed with you during your appointment. Bloodwork and biometric reporting will become available via a secure online portal within 10-14 business days.

These tests are not meant to replace your Primary Care Physician, rather to improve communication with your Physician at your next appointment.

The Fund Office sincerely hopes the program will provide convenient access that will allow you to take advantage of this benefit.

Road Sprinkler Fitters Local Union No. 669

7050 Oakland Mills Road • Suite 200 • Columbia, Maryland 21046
(410) 381-4300 • fax: (301) 621-8045 • www.sprinklerfitters669.org

FREE HEALTH SCREENING EVENT

PLAN MEMBERS, SPOUSES, AND DEPENDENTS 18+
INCLUDING RETIREES AND BENEFICIARIES BOTH MEDICARE AND PRE MEDICARE

Plumbers & Pipefitters 125

5001 J St SW, Suite 100

Cedar Rapids, IA 52404

Thursday, October 15 - 6:00 AM - 2:00 PM

Friday, October 16 - 6:00 AM - 2:00 PM

Saturday, October 17 - 7:00 AM - 12:00 PM



SPOUSE - NASI 669

I'm a long-time wife of a local 669 member. I came into these screenings not knowing what to expect and was pleasantly surprised. This professional, fun, and efficient team performed several ultrasounds, biometrics, and a full blood draw. I was out the door in under an hour. I was especially surprised that they found a structure on my thyroid nodule that had attached itself to my vocal cords. My doctor was able to remove the nodule before it turned into a much bigger issue. The care and service of Health Gauge is simply amazing!



SCHEDULE YOUR APPOINTMENT (REQUIRED)



Call (515) 244-3080



Go to <https://PP125.timetap.com>



Scan the QR code

*See reverse for list
of screenings offered*

HEALTH SCREENINGS

FASTING IS **OPTIONAL**, NOT REQUIRED.

Ultrasound

Carotid Artery

Visualizes the buildup of fatty blockage in the carotid arteries (neck). This condition causes the majority of strokes.

Peripheral Artery Disease (ABI)

Checks for blockages in the legs. Abnormal results indicate high risk of coronary artery disease and peripheral artery disease.

Abdominal Aortic Aneurysm (AAA)

Visualizes the existence of an aneurysm in the abdominal aorta, which could rupture and be fatal.

Biometrics & Blood Tests

Biometrics

Height, weight, waist/hip circumference, body mass index, blood pressure, and pulse.

Lipid Panel with Glucose and Full Chemistry Panel

Provides high-level evaluation of the body's major organ functions.

Hemoglobin A1c

Average blood sugar (glucose) for the last 3 months. Primary screening tool for prediabetes, type 1 diabetes, and type 2 diabetes.

Prostate-Specific Antigen Test (PSA) - Men

Thyroid-Stimulating Hormone (TSH) - Women



PRE-EVENT

- **Sign up** for your screening appointment using the online scheduling system or call the number for our dedicated scheduling center. (All info below.)



DAY OF EVENT

- You will be **greeted** by our staff and asked to sign a consent form. We are **happy to answer** any questions you have about the process.
- You will be guided to each screening station and will receive an **explanation of screenings** and results as you go through the event.
- All **ultrasound screening** results will be provided to you at the event.



POST-EVENT

- Results from **all screenings** will be available in our secure online portal in 10-14 business days.
- Participants who were identified with health risks are supported with **follow-up** options.



SCHEDULE YOUR APPOINTMENT (REQUIRED)



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Scan the QR code



**YOUR HEALTH
IS OUR PRIORITY**