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Dear Participant:

The Sprinkler Fitters Local Union 669 and the NASI Welfare Fund have partnered with Health Gauge to provide healthcare screenings at NO COST TO YOU.

**Who is eligible to participate?**

All eligible NASI Welfare Fund Participants, eligible spouses and dependents (18 years of age and older), and eligible NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare).

**Dates and Location.**

Saturday, June 21 <sup>st</sup> , 2025	8:00 AM – 3:00 PM	Plumbers 33 Union Hall	2501 Bell Ave Des Moines, IA 50321
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**How do I participate?**

**Step 1:** Call Toll Free 515-244-3080 to schedule your health screening appointment.

Or schedule online at <https://NASI.hgscreenings.com>

**Step 2:** Attend your onsite health screening at the scheduled time.

**IMPORTANT: Fasting is NOT required.**

**Step 3:** Ultrasound Results will be provided the day of the event.

Bloodwork and Biometric Reporting will be available within 10-14 business days.

**What should I expect the day of the screening?**

Screenings will be completed in under an hour. When you arrive at the screening, you will be greeted by a Health Gauge staff member. The staff member will check you in. The confidential health screening will include biometrics, such as height, weight, waist and hip measurements, resting pulse, and blood pressure. Non-invasive ultrasound screenings will be performed to identify blockages in the neck, abdomen, and legs. These blockages can lead to stroke and various cardiovascular conditions that can be life threatening and debilitating if left undetected and untreated. Additionally, a comprehensive blood draw will be completed.

These tests are not meant to replace your Primary Care Physician, but are meant 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.

Please refer to the attached informational flyer to obtain more details or simply contact Health Gauge at (515) 244-3080 for additional information.

**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](http://www.sprinklerfitters669.org)

# SPRINKLER FITTERS 669 HEALTH CARE PLAN HOSTS SCREENING TO DETECT YOUR RISK FOR STROKE AT NO COST!!

PLAN PARTICIPANTS, SPOUSES, & RETIREES screen for FREE!!  
(including all eligible NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare))

**Plumbers 33  
Union Hall  
2501 Bell Ave  
Des Moines, IA 50321  
Saturday, June 21 - 8:00 AM – 3:00 PM**

## Christopher Neels – NASI 692 Member

"I am a 39-year-old member and I have been blessed with perfect health. I never go to the doctor, I felt perfect. It took my coworkers strong encouragement to make me come to the screenings. My screening was going perfect. There was no wait. I literally walked in, finished my paperwork, had my blood drawn and was at my last station for the ultrasound testing. The technician sat me up and asked if I was feeling okay? He stated that my heart rhythms were irregular and extremely fast, "looks like atrial fibrillation". He gave me the pictures he took and told me to go to my doctor immediately. I saw the doctor and was eventually sent to the ER and had to have the cardioversion. It was a success and my heart is back in normal rhythm. I had no idea that I was a literal ticking time bomb. These screenings were so quick, convenient and comprehensive. Please don't miss your opportunity when these screenings are offered at your local. It may save your life, it saved mine!"



SCAN ME

*To make an appointment (required):*

*Call 515-244-3080 or visit:*

**<https://NASI.hgscreenings.com/>**

*See reverse for a description of the screenings offered!*



ULTRASOUND OF  
ARTERIES & VESSELS



BLOOD DRAW



BIOMETRICS



COMPREHENSIVE  
HEALTH ASSESSMENT

TO SCHEDULE, CALL 515-244-3080 OR GO ONLINE TO **<https://NASI.hgscreenings.com/>**



# YOUR HEALTH IS OUR PRIORITY

**FASTING IS OPTIONAL NOT REQUIRED!**

## CARDIOGAUGE

### **Carotid Artery**

Visualizes the buildup of fatty blockage in the carotid arteries. 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 arterial disease

### **Abdominal Aortic Aneurysm (AAA)**

Visualizes the existence of an aneurysm in the abdominal aorta, that can rupture and be fatal.

## BIOGAUGE

Height/Weight  
Hip/Waist Circumference  
Body Mass Index (BMI)  
Blood Pressure  
Lipid Panel with Glucose  
Chemistry Panel  
Hemoglobin A1c  
Prostate Specific Antigen (PSA) Men  
Thyroid Stimulating Hormone (TSH) Women

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