

# IBEW Local 347 Electrical Workers Fringe Benefit Funds

PO Box 26068  
Salt Lake City, UT 84126-0068

CompuSys of Utah, Inc.

Toll Free (844) 347-IBEW (4239)  
Fax (801) 975-1007

---

July, 2014

Dear Participant,

The IBEW Local 347 Electrical Workers Health and Welfare Plan values the health and well-being of its plan participants and has partnered with Stroke Detection Plus and Optimum Health to provide covered participants, spouses, and children over age 18 with a free and confidential comprehensive health assessment which includes an on-site health screening.

## **Why should I participate?**

The IBEW Local 347 Electrical Workers Health and Welfare Plan strongly believes that preventive healthcare will help us all to live longer and happier lives. This confidential health assessment is centered on empowering you to take charge of your health. Your results will only be shared with you during a one-on-one consultation with Stroke Detection Plus staff or mailed to your home.

## **Health screening schedule:**

Date/Time: **Saturday, August 23<sup>rd</sup>** 6:00 AM - 1:00 PM  
**Saturday, September 6<sup>th</sup>** 6:00 AM - 1:00 PM  
Address: 850 18<sup>th</sup> Street – Des Moines  
Location: IBEW Local 347 Union Hall

## **How do I participate?**

**Step 1: Call Misty Turner at (515) 243-1924** to schedule your health screening appointment and your 15 minute follow-up consultation. Consultations are available in-person or over the phone.

### ***In-Person Follow-Up Consultations:***

Date/Time: Monday, September 15<sup>th</sup>, 7:00 AM - 5:00 PM  
Monday, September 22<sup>nd</sup>, 7:00 AM - 5:00 PM  
Monday, September 29<sup>th</sup>, 7:00 AM – 5:00 PM  
Address: 850 18<sup>th</sup> Street, Des Moines  
Location: IBEW Local 347 Union Hall

### ***Phone Follow-Up Consultations:***

Date/Time: Tuesday, September 30<sup>th</sup>, 7:00 AM - 5:00 PM  
Wednesday, October 1<sup>st</sup>, 7:00 AM - 5:00 PM  
Thursday, October 2<sup>nd</sup>, 7:00 AM - 5:00 PM

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

**IMPORTANT:** The screening requires a 12-hour fast (no eating or drinking 12 hours prior to the screening, with the exception of water and/or one cup of black coffee). Please be sure to drink water during your 12 hour fast to ensure proper hydration. If you normally take medication, continue to take it as recommended by your doctor.

**Step 3: Complete a personal wellness profile (PWP).**

The PWP should be completed and provided to a Stroke Detection Plus staff member before you leave your scheduled health screening. Hard copies will be available at the health screenings if you have not completed it in advance of the screening.

**Step 4: Attend your in-person or telephonic one-on-one consultation.**

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

When you arrive at the screening, you will be greeted by a Stroke Detection Plus staff member. The staff member will check you in. The confidential health screening will include biometrics, such as height, weight, waist and hip measurements, body fat percentage, 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 blood draw will be completed which will consist of a chemistry panel including lipid panel and glucose test. The results from your PWP, biometrics, and blood draw will be compiled into a comprehensive health report and presented to you at the one-on-one consultation.

For problems or questions regarding registration, please contact Misty Turner at (515) 243-1924.

Sincerely,

The IBEW Local 347 Electrical Workers Health and Welfare Plan  
Board of Trustees

**NOTICE: THIS IS A “GRANDFATHERED” GROUP HEALTH PLAN**

This group health Plan believes this coverage is a “grandfathered health plan” under the Patient Protection and Affordable Care Act (the Affordable Care Act). As permitted by the Affordable Care Act, a grandfathered health plan can preserve certain basic health coverage that was already in effect when that law was enacted. Being a grandfathered health plan means that your plan may not include certain consumer protections of the Affordable Care Act that apply to other plans, for example, the requirement for the provision of preventative health services without any cost sharing. However, grandfathered health plans must comply with certain other consumer protections in the Affordable Care Act, for example, the elimination of lifetime limits on benefits.

Questions regarding which protections apply and which protections do not apply to a grandfathered health plan and what might cause a plan to change from grandfathered health plan status can be directed to the Fund Office at (855) 251-1486.

You may also contact the Employee Benefits Security Administration, U.S. Department of Labor at 1-866-444-3272 or [www.dol.gov/ebsa/healthreform](http://www.dol.gov/ebsa/healthreform). The EBSA website has a table summarizing which protections do and do not apply to grandfathered health plans.