

Automatic Sprinkler Local 281, U.A. Welfare Fund & Empower Health Services are pleased to offer the Individual Screening Program for your convenience.

Early detection of illness is key to staying healthy. Participating in a screening allows you to identify potential health risks or diseases and better understand your overall wellness.

The EHS Individual Screening Includes:

Panel C – Your test panel will include a profile containing 37 different tests, including Total Cholesterol, HDL, LDL, Cholesterol/HDL Ratio, Triglycerides and Glucose. In addition to heart disease and diabetes, other tests in the panel are designed to identify early warning signs of liver function, kidney function, blood counts, thyroid and nutrition.

Empowerhealthservices.info – 12 months of unlimited access to your results online and a personalized health portal with accredited content.

Empower Health Assessment™ – An online questionnaire used to generate a personal report, summarizing how your lifestyle choices are influencing your ability to stay healthy and prevent problems. It includes useful tips for making positive changes to improve your health. (REQUIRED)

Self-Reported Blood Pressure Evaluation – Please provide your most recent blood pressure reading on the Consent/Registration form. Blood pressure is expressed by a systolic (top number) and diastolic (bottom number) measure (Example: 120/80; 120 = systolic and 80 = diastolic). Please note: Blood pressure can be taken at any local drugstore or pharmacy such as Wal-Mart, Walgreens or CVS or with your own equipment.

Body Mass Index – A numerical value of your weight in relation to your height. BMI is a good indicator of healthy weights for adult men and women, regardless of body frame size. Self-Reported Height & Weight must be provided on your Consent/Registration Form in order to calculate BMI.

Reflex to Hemoglobin A1c – This test is for those with a glucose of 100+. Hemoglobin A1c measures the average amount of glucose in the blood over the past 90 days. High levels can suggest diabetes or problems managing the glucose level of a person who may have diabetes. *(Included at no cost for those with glucose of 100+)*

PSA (Prostate Specific Antigen) – Screening for benign or cancerous growth of the prostate in men. *(Included at no cost for men age 50+)*

Advanced Thyroid Profile – Determines thyroid function, including TSH and the Free T4, which is recommended by the American College of Endocrinologists. *(Included at no cost for women age 40+)*

ELIGIBLE PARTICIPANTS

Members, Spouses & Dependents age 18+ on the Automatic Sprinkler Local 281 medical plan

SCREENING FEES

No cost to you, covered by The Fund

REGISTRATION DEADLINE IS 12/01/21

SCREENING DEADLINE IS 12/15/21

Follow These Steps To Participate

1. Set up an account and complete the REQUIRED Empower Health Assessment™.

Note: You must complete the REQUIRED Empower Health Assessment™ to register for a lab.

- a. Go to empowerhealthservices.info
- b. Enter client code **sprinkler281** on the right side under "New Program Registration"
- c. Complete account set up
- d. On the home page, click "Take The Empower Assessment" (REQUIRED)

2. Complete the Consent/Registration form (page 3 of this document).

3. Upload, Fax, or Mail your completed Consent/Registration form to EHS by 12/01/21.

Registration Options:

Upload completed form to ehsupload.com

Fax completed form to **630.385.0156** • Attn: Individual Program

Mail completed form to: EHS Individual Program • 4205 Westbrook Dr., Aurora, IL 60504

If you have not received your confirmation email within 7 business days of submission, please contact the Individual Program Department. **NOTE:** Please allow 7 business days for processing before contacting EHS.

4. Verification/Receipt of LabCorp appointment.

- Once we receive your Consent/Registration form and verify that you have completed the Empower Health Assessment™, EHS will create the lab requisition for your LabCorp PSC visit.
- EHS will send your LabCorp COR Order Number via email. We recommend that you bring your order number to the lab.

5. Go to www.labcorp.com/labs-and-appointments to search for a LabCorp location.

- a. On the menu bar choose "Lab & Appointments"
- b. Enter your address or zip code (work or home)
- c. Under Service choose "Routine Labwork"
- d. Under Radius choose the distance
- e. Search

6. Visit the lab by 12/15/21.

7. After your visit to the lab:

You can expect to receive an email letting you know that your personalized screening results are completed and ready for review approximately 5-7 business days from your lab visit.

Please contact the Local 281 Welfare Fund with questions regarding the EHS Individual Program and your Fund's benefits plan. With questions about participating in the EHS Individual Program, please contact EHS:

- Phone: 866.367.6974
- Email: individualprogram@empowerhealthservices.com