

IRONWORKERS LOCAL 11
BENEFIT FUNDS & TRAINING FACILITY
BUILT ON TRUST, FOUNDED ON SERVICE

12 Edison Place, Springfield, NJ 07081 Ph(973) 376-7230 Fax(973) 376-2094 www.ironnj.com

September 11, 2017

Dear Member:

Since July 2015, you and your eligible covered dependents have had access to Horizon Blue Cross Blue Shield of New Jersey's Chronic Care Program.

The Chronic Care Program reinforces your doctor's treatment plan through educational mailings and one-on-one support from Horizon Blue Cross Blue Shield of New Jersey's Case Managers, who are registered nurses and dietitians. The Chronic Care Program is available at no additional cost to eligible Iron Workers Local 11 Welfare Fund Plan Participants and their eligible covered dependents that have been diagnosed with:

- Asthma
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Coronary Artery Disease (CAD)
- Diabetes
- Heart Failure

If you have been diagnosed with a chronic condition, we want to make sure you received the care you need. Horizon BCBSNJ Chronic Care Program helps members with chronic conditions better manage their health and improve their quality of life.

To enroll, and for more information, call the Horizon Blue Cross Blue Shield of New Jersey's Chronic Care Program at 1-888-357-3515. Their Case Managers are available to help you, Monday through Friday, between 8 a.m. and 7 p.m., Eastern Time (ET). If you are hearing or speech impaired, please call 711 during the same hours.

Through Horizon BCBSNJ, Iron Workers Local 11 Welfare Fund hopes to provide you with programs and resources to help you take better care of your health and understand your health care options and benefits.

Keeping Local 11 Iron Workers and their families healthy.

Free biometric health screenings and Flu Shots for Iron Workers Local 11 members and their eligible dependents (**age 18 and older**) are being offered and sponsored by Horizon BCBSNJ and conducted by Summit Health. This health screening helps you “know your numbers” and identify potential health risks.

Health Screening and Flu Shots

Fingerstick Test with components to include:

- Cholesterol – non-fasting (total cholesterol, HDL, and coronary risk ratio)
- Diabetes (blood glucose)
- Blood Pressure
- Resting Pulse Rate
- Body Mass Index (BMI) with self reported height and weight
- Measurements of height, weight and waist circumference
- One-on-One Health Counseling (2-3 minutes)

You can walk in or schedule your appointment now for a free biometric health screening and flu shot. A biometric health screening takes approximately 15 minutes. Contact the Ironworkers Local 11 Benefit Funds at (973) 376-7230 (option 1 then option 4) and choose the event and time you would like to attend. Members can also register online, two weeks before the chosen event, at <https://my.questforhealth.com/Home/Login> (Registration Key: Ironworkers112017). **By registering online, you can skip filling out the health screening form on the day of the chosen event.** Please keep in mind that Flu Shots can only be given to participants age 18 and older.

Iron Workers Local 11 is also rewarding its members by giving away 1 month Local 11 Union dues to those who complete their biometric health screening on one of the following days:

1. Monday, October 23, 2017, 12 noon to 6:30pm – Ironworkers Local 11 Benefit Funds and Training Facility, 12 Edison Place, Springfield, NJ 07081.
2. Wednesday, November 15, 2017, 12 noon to 6:30pm – Iron Workers Local Union No. 11, 1500 Broad St. Bloomfield, NJ 07003.
3. Wednesday, December 6, 2017, 12 noon to 6:30pm – Iron Workers Local Union No. 11, 462 Market St., Perth Amboy, NJ 08861.