

# 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

August 30, 2019

### 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 Blue Cross Blue Shield of New Jersey (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) with a Summit Health Screener
- Nutritional counseling will also be available with a Horizon BCBSNJ Nutritionist

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. **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. Wednesday, October 9, 2019, 2:30pm to 6:30pm – Ironworkers Local 11 Benefit Funds and Training Facility, 12 Edison Place, Springfield, NJ 07081.
2. Wednesday, November 13, 2019, 2:30pm to 6:30pm – Iron Workers Local Union No. 11, 462 Market St., Perth Amboy, NJ 08861.
3. Wednesday, December 4, 2019, 2:30pm to 6:30pm - Ironworkers Local 11 Benefit Funds and Training Facility, 12 Edison Place, Springfield, NJ 07081.

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.