



**BAC LOCAL 15
WELFARE AND PENSION FUNDS**

6405 Metcalf, Suite 200
Overland Park, Kansas 66202

Dear Member:

The BAC Local Union 15 Welfare Fund is again providing a **“Wellness Physical”** for you and your spouse in order to encourage better health and early detection of potential medical problems. **This physical will be at no charge to you** and is offered through Concentra at Work Wellness department. This examination is a series of tests designed to help you understand your current health status, which will aid you in realizing your full health and wellness potential, and identify risk factors possibly related to future illness and injury.

Members of the Fund are eligible to participate **once per calendar year if they are fifty years of age or over**, and **once every other year if under 50 years of age**.

Retirees:

We are asking that retirees and spouses contribute a \$50.00 co-pay to participate in the program. Your co-payment would be paid directly to Concentra Medical Centers and would be due at the time of your lab appointment.

Females, 35 years of age or older:

Females 35 years of age or older, have the option of choosing a pap exam and screening mammogram in place of the EKG stress test.

The examination includes: (and is at no cost to you as an eligible member of the Plan)

- **Lab Work**
 - Lipid Profile (includes cholesterol, HDL, LDL and triglycerides)
 - Glucose (Blood Sugar)
 - CBC (Complete Blood Count)
 - Chemistry Profile
 - TSH (Thyroid) – females
 - PSA (Prostate) – males
 - Urinalysis
 - Colorectal Cancer Screen Hemoccult Kit (on request)

- **History and Physical Examination**
 - Medical History
 - Body Composition – Height, Weight, Body Mass Index and % Body Fat
 - Resting Blood Pressure and Heart Rate
 - General Physical Examination performed by a Physician

(over)

- **Cardiovascular Stress Test**
 - Resting EKG
 - Exercise Stress EKG - graded Bruce treadmill test / physician supervised
 - Individual Consultation with Physician

- **Strength and Flexibility Test**
 - Back, Hamstring and Upper Body Strength and Flexibility

- **Education**
 - Coronary Risk Factor Analysis
 - Goal Setting
 - Individualized Wellness Education and Instruction

The examination includes two appointments. The first is a brief twenty-minute appointment during which blood samples are drawn and paperwork is filled out. This appointment will be scheduled in the morning because it will **require you to fast for twelve hours (please drink plenty of water)**. The second appointment will take approximately one hour and forty-five minutes and will be scheduled at the time of your lab.

If you choose a screening mammogram, this will require a third appointment. Your mammogram will take place at The Breast Center at Menorah Medical Center in Overland Park, KS. Information on setting up your mammogram appointment will be given to you at the time of your lab appointment.

To set up your first appointment, please follow the instructions on the enclosed lab sign-up sheet.

If you have additional questions, please feel free to contact the Wellness Department at **(913) 894-6601. (New Phone Number)**

By utilizing this benefit, you will not only help to improve your own health, but also help to improve the financial stability of the Fund by identifying health problems in their early stages. This will help reduce the Fund's long-term cost of providing future health care for you and your spouse.

The overall responses we have received to this program have been very favorable. We therefore encourage you to take advantage of this **“Wellness Physical”** and wish you the best of health.

Sincerely,

Board of Trustees

CONCENTRA

WELLNESS PHYSICAL EXAMINATION LAB DATES

January – July 2008

BAC-15

Employee's Name _____ SS# _____ D/O/B _____

Spouse's Name _____ SS# _____ D/O/B _____

Address _____ City/State/Zip _____

Phone: Day _____ Evening _____ Other _____

Have you participated in our program before? Employee: Yes No Spouse: Yes No

Females 35 and over, please choose one option: EKG Stress Test **or** Pap/Mammogram

Please note your name(s) in the preferred month/date for the lab appointment. Labs fill up quickly and are based on a first come, first serve basis. **Please state a first, second and third order of preference for your lab date. A 12-hour fast is required for accurate blood tests.** Friday labs are from 7:00AM – 9:00AM. Saturday labs are from 8:00AM – 10:00AM.

January Fri Jan 4 _____ Sat Jan 5 _____ Sat Jan 19 _____

February Fri Feb 1 _____ Sat Feb 2 _____ Sat Feb 16 _____

March Fri Feb 29 _____ Sat Mar 1 _____ Sat Mar 15 _____

April Fri Apr 4 _____ Sat Apr 5 _____ Sat Apr 19 _____

May Fri May 2 _____ Sat May 3 _____ Sat May 17 _____

June Fri June 6 _____ Sat June 7 _____ Sat June 21 _____

July Fri July 11 _____ Sat July 12 _____ Sat July 26 _____

Please return this form to: **Concentra Medical Centers**
Attn: Wellness Department
9724 Legler Road
Lenexa KS 66219
913-894-6601 (Judy Maturo)

****You will receive a confirmation regarding the date and time of your lab appointment****