



## Save the Date(s): More Details to Follow

**Tuesday April 18<sup>th</sup>, 2023 and Thursday May 11<sup>th</sup>, 2023 5:00pm CST**

**WEEBF Health & Welfare Virtual Seminar:** WEEBF plan changes and information.

- H&W Benefits and Changes
- Prescription Benefit Coverage
- Sword Health
- Live Health Online
- Self-pay vs. Cobra Election
- Active vs. Retiree, Classification and Premium Rates
- Dollar Bank transfer in Flex Account upon Retirement
- WEEBF website overview
- Flex Reimbursement Demonstration on the website
- AND MORE!

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**HG HEALTH GAUGE** **Saturday June 10<sup>th</sup>, 2023** – Health Gauge will be at IBEW Local 158, Union Hall, for complimentary Health Screenings, by appointment only. Available to plan participants, spouses, and covered adult children.

**12 Hour Fast – WATER, black coffee or unsweetened tea prior to appointment.**

- **Stroke/Carotid Artery Screening-** Visualizes the buildup of fatty blockage in the carotid arteries. This condition causes the majority of strokes.
- **Abdominal Aortic Aneurysm-** Visualizes the existence of an aneurysm in the abdominal aorta, that can rupture and be fatal.
- **Peripheral Arterial Disease-** Checks for blockages in the legs. Abnormal results indicate high risk of coronary artery disease & Peripheral arterial disease.
- **Biometric Screening and Bloodwork-** Provides a high level evaluation of the body's major organ functions.
- **Prostate Specific Antigen-** PSA (Men 40+)
- **Thyroid Stimulating Hormone-** TSH (Female 18+)