



Dear Brothers and Sisters of Ohio Bricklayers' Health & Welfare Plan (OHBHW):

Ohio Bricklayers' Health & Welfare Plan (OHBHW) has partnered with Healthy Life Screening to offer this opportunity to participate in life saving heart and vascular screenings, **FREE** for eligible members right in your union hall!

We recognize that the heart of solidarity is your health. Today's biggest and most feared killer, Cardiovascular Disease, is more often undiscovered until it is too late. Cardiovascular disease kills more men and women in the U.S. each year than the 2nd through 5th killers combined, including all cancers.

Do not let yourself become a statistic:

- Over 50% of cardiovascular events occur with no warning signs.
- An estimated 10 to 12 million Americans are unaware of blockages in their leg arteries
- Heart disease is present in nearly 40% of people ages 40 to 59.
- Almost 50% of cardiovascular deaths in the U.S. are a result of Sudden Cardiac Death (mostly affecting younger people, ages 35-45).

The cardiovascular tests shown below are highly effective in identifying the risk of death from cardiovascular disease. These tests are ultrasound-based, involving **no radiation or pain**, and can all be done in less than 30 minutes. **Ohio Bricklayers' Health & Welfare Plan (OHBHW) and Bricklayers Local No. 18** will have **no access to your results**, they are sent directly to your home to share with your physician at your discretion. The following tests will be conducted:

The Full Prevention Package Includes the following:

- Echocardiogram for Left Ventricle Dysfunction (the strength of the heart)
- Carotid Artery ultrasound/Intima-Media Thickness screening for plaque build-up and blood flow
- Abdominal Aorta Ultrasound screening for Aneurysm
- Ankle Brachial Index Screening for Peripheral Arterial Disease
- Blood Pressure Screening
- Biometrics (Total Cholesterol, HDL, Risk Ratio, Glucose, Pulse Oximetry and Body Composition)

This benefit is available to all eligible members of the Ohio Bricklayers' Health & Welfare Plan (OHBHW). Eligible members 40 years or older and their spouses, active and retirees are covered. Please be prepared to give your Anthem ID number when you call Healthy Life Screening to sign up. Any other person can participate at the cost of \$199.

WHEN and WHERE: Please refer to the back of this sheet for a schedule of screening locations.

Appointments are necessary. Please call Healthy Life Screening at 1-866-523-LIFE (5433) to schedule.

Screening Locations for Bricklayers

Local 18

800 Kent Road, Batavia, OH

Saturday, February 28

Appointment times are available between 10:00am and 3:00pm

Local 7

908 North Main Street, Akron, OH

Saturday, March 14

Appointment times are available between 10:00am and 2:00pm

Local 22

3366 Successful Way, Dayton, OH

Saturday, March 14

Appointment times are available between 10:00am and 2:00pm

Local 46

1310 Siler Street, Fremont, OH

Saturday, March 21

Appointment times are available between 10:00am and 2:00pm

Local 40

67 South Walnut Street, Mansfield, OH

Inside the IBEW Local 688 Hall

Saturday, March 28

Appointment times are available between 10:00am and 2:00pm

Local 55

3005 Lamb Avenue, Columbus, OH

Saturday, March 28

Appointment times are available between 10:00am and 2:00pm

Local 39

134 16th Street, Ashland, KY

Saturday, April 4

Appointment times are available between 10:00am and 2:00pm

Please call early to reserve your time.

Members and spouses may make an appointment at any location listed above.