



GREATER KANSAS CITY LABORERS FRINGE BENEFIT FUNDS

Managed for the Trustees by:

TIC INTERNATIONAL CORPORATION

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**TO: ALL PARTICIPANTS OF THE GREATER KANSAS CITY LABORERS
WELFARE FUND**

RE: WELLNESS PHYSICAL BENEFIT

Dear Member:

The Greater Kansas City Laborers Fringe Benefit Fund is again providing a "Wellness Physical" for eligible active employees and their spouse in order to encourage better health and early detection of potential medical problems. This physical will be available once each calendar year at no cost to you and is offered through the 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.

Optional: 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 Fund)

❖ **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 Hemocult 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

❖ **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** (water only may be consumed). 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 located 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 contact the Concentra Wellness Department at (913) 894-6601.

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