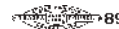




GREATER KANSAS CITY LABORERS FRINGE BENEFIT FUNDS

Managed for the Trustees by:
TIC INTERNATIONAL CORPORATION

6405 Metcalf, Suite 200 • Overland Park, Kansas 66202
(913) 236-5490 • Fax: (913) 236-5499



October 2009

TO: ALL PARTICIPANTS OF THE GREATER KC LABORERS WELFARE FUND

RE: PHYSICAL EXAM BENEFIT

Dear Participant:

As the Board of Trustees of the Greater Kansas City Laborers Welfare Fund, we recognize the importance of preventive health care. Therefore, we would like to encourage you to take advantage of the following benefits, which are available to active employees and their eligible spouses free of charge.

Physical Exam Benefit—Offered through Concentra Health Services (formerly “Employer Health Services”)

To ensure your continued health and well-being, the Fund provides a **free** physical exam benefit to you and your spouse. Once a year, you can visit the Concentra Medical Center and receive a comprehensive physical exam at no cost to you. The exam will include several tests to assess your current health and help identify any risk factors you may have that could lead to future illness, including your:

- Medical history;
- Height and weight;
- Body fat and body mass index;
- Blood pressure and heart rate measurements; and
- Back, hamstring and upper body strength and flexibility.

The exam will also include:

- General physical testing;
- Exercise stress EKG (graded Bruce Treadmill test/physician supervised);
- Resting EKG;
- Physician consultation and goal setting;
- Individualized wellness education and instruction; and
- Lab work (lipid profile—cholesterol, HDL, LDL, and triglycerides; glucose/blood sugar; complete blood count; chemistry profile; TSH—thyroid for females; PSA—prostate for males; and colorectal cancer screen hemoccult kit - on request).

Mammography Screening

In addition to free physical examinations, women age 35 to 50 are also eligible to receive a **free pelvic/Pap exam and mammography screening** once every two years, and then once a year after reaching age 50.

Mammogram screenings will be performed at the Menorah Breast Center. To set up an appointment, contact Concentra's Wellness Department at **913-894-6601**.

According to the U.S. Department of Health and Human Services, breast cancer is the most common cancer among women in the United States. Because mammography continues to be a vital tool in the early detection of breast cancer, it is recommended that women age 40 and older undergo mammography screening every one to two years. Women with an increased risk for breast cancer (due to their family medical history, a genetic tendency, or past diagnosis) should speak with their doctor about the benefits and limitations of starting mammography screenings earlier. For more information on mammography screening, please go to www.womenshealth.gov/faq/mammograms.cfm.

Scheduling an Appointment

Physical examinations, including laboratory testing, will be performed at the Concentra Medical Center at the following location:

**Concentra Medical Center
9724 Legler Road
Lenexa, Kansas 66219
(913) 894-6601**

For your convenience, Friday and Saturday appointments are available. Feel free to call **Ms. Judy Maturo** at Concentra at **(913)894-6601** to schedule an appointment, or fill in the attached form and send it to Concentra directly.

We recommend that you take advantage of this **free** benefit. Once your physical exam has been concluded, you may request that Concentra send a copy of your results to your personal family physician for analysis.

If you have any questions regarding your preventive care benefits, please call the Fund Office at **(913) 236-5490**.

Sincerely,

BOARD OF TRUSTEES

This announcement highlights certain features of the Greater Kansas City Laborers Welfare Fund. Full details are contained in the documents (Summary Plan Description, Plan Document, etc.) that establish the Plan provisions. If there is a discrepancy between the wording here and the documents that establish the Plan, the document language will govern. The Trustees reserve the right to amend, modify, or terminate the Plan at any time.

CONCENTRA

WELLNESS PHYSICAL EXAMINATION LAB DATES

OCTOBER – DECEMBER 2009

Employee's Name _____ SSN _____ DOB _____

Spouse's Name _____ SSN _____ DOB _____

Address _____ City, State Zip _____

Phone: Day _____ Evening _____ Other _____

Have you participated in our program before?

Employee: Yes No

Spouse: Yes No

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 am to 9 am. Saturday labs are from 8 am to 10 am.

October Fri Oct 9 _____ Sat Oct 10 _____ Sat Oct 24 _____

November Fri Nov 6 _____ Sat Nov 7 _____ Sat Nov 21 _____

December Fri Dec 4 _____ Sat Dec 12 _____

Please return this completed 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****