



4th District IBEW Health Fund



Active Members and their spouses who complete a physical exam and the required diagnostic tests by November 30, 2017, are eligible for **HEALTHY LIFE** savings, starting January 2018.

HEALTHY LIFE Physical Exam and Tests

You can coordinate your **HEALTHY LIFE** physical exam and tests with your own doctor. When you use an in-network provider, the Plan pays 100% of the cost of an annual physical exam. This reference card explains what you can expect with your **HEALTHY LIFE** physical exam and what's measured during your visit. It also provides a place for you to track your results. You may want to bring it with you as a reference when you visit your doctor.

What to Expect	What Is Measured	Your Results
During your visit with your doctor you'll discuss and review...	<ul style="list-style-type: none"> Height Weight Blood pressure Resting pulse rate Waist measurement Your use of nicotine 	<ul style="list-style-type: none"> Height: _____ Weight: _____ Blood pressure: _____ Pulse rate: _____ Waist measurement: _____ Your use of nicotine: Y / N
You'll give a blood sample; this will be used to test...	<ul style="list-style-type: none"> Cholesterol Triglycerides Fasting blood sugar Your complete blood count 	<ul style="list-style-type: none"> Cholesterol: _____ Triglycerides: _____ Blood sugar: _____ Notes on complete blood count: _____
You'll give a urine sample; this will be used to assess...	Your overall health and potential for health issues or risks, such as kidney and liver disease IMPORTANT: You will not be tested for drug use during your physical exam.	Notes on overall health screen or potential risk factors: _____ _____
After you complete your exam and tests...	<ul style="list-style-type: none"> Your doctor will discuss your test results with you and the actions you might take to maintain or improve your health HEALTHY LIFE incentives go into effect on January 1, 2018 	Follow ups from discussion with my doctor: _____ _____



Note: Your test results are confidential and only available to you and your doctor. Individual test results are not shared with the Fund nor are they used for employment decisions or to determine eligibility for benefits.

Participation is voluntary. The **HEALTHY LIFE** physical and related incentives are for Active Members and their spouses, only. If you and your spouse choose not to participate, you will not be eligible for the incentives and you will pay more for your benefits starting January 1, 2018. Note: If your spouse is enrolled in Fund coverage, you both must complete the physical exam and tests in order for your family to be eligible for **HEALTHY LIFE** incentives. Please note that your child(ren) do not have to complete the physical exam and tests for your family to be eligible for **HEALTHY LIFE** incentives.