

**IBEW Local Union 595
Health & Welfare and Pension Benefits Fair**

THIS IS AN IMPORTANT REMINDER THAT YOUR ANNUAL HEALTH & WELFARE AND PENSION BENEFITS FAIR WILL BE HELD

**Saturday, March 4, 2023, 9:00AM – 12:00PM
at the Alameda County Electrical JATC
Zero Net Energy Center**

14600 Catalina St., San Leandro, CA 94577

MANY GREAT DOOR PRIZES AND GIVEAWAYS!
ACTIVE AND RETIRED MEMBERS AND SPOUSES WELCOME!

SERVICE PROVIDERS TO THE TRUST FUNDS WILL BE THERE TO HELP, INFORM AND EDUCATE YOU!

SERVICE PROVIDERS TO INCLUDE:

- ◆ KAISER PERMANENTE
- ◆ UNITED HEALTHCARE MEDICAL AND DENTAL
- ◆ DELTA DENTAL PLAN
- ◆ IBEW LOCAL UNION 595 STAFF
- ◆ VISION SERVICE PLAN
- ◆ PLAN ADMINISTRATOR STAFF
- ◆ OPTUMRx
- ◆ OE FEDERAL CREDIT UNION
- ◆ BAY SPORT

➤ BAYSUPER WILL BE PROVIDING WELLNESS SCREENING DURING THE BENEFITS FAIR. “GET YOUR NUMBER” AND EARN A \$20 SAFEWAY GIFT CARD. SEE MORE DETAILS ON THE REVERSE OF THIS FLYER TO SET AN APPOINTMENT. SPACE IS LIMITED.

BaySport Wellness Services are FREE

During the IBEW Local 595 Benefits Fair!

Saturday, March 4 from 9 am to 12 pm

HEALTH SCREENINGS:

“Get Your Numbers” by participating in our onsite health screening and earn a \$20 Safeway gift card.

The 25-minute biometric tests and screening will provide a snapshot of your health! The screening will include a FASTING or NON-FASTING fingerstick blood test for Total Cholesterol, HDL-cholesterol, LDL-cholesterol (fasting), Chol/HDL ratio, Non HDL-cholesterol, Triglycerides (fasting) and Glucose; a blood pressure check; and a body mass index assessment.

If you wish to conduct a fasting screening, please no food or calories for 8+ hours prior to your appointment time, but please drink water. Fasting is NOT required to participate!

A BaySport health coach will explain your results and may refer you to see your doctor if needed.

Register Here! Walk ins are also welcome but space is limited!

All participants will receive a \$20 Safeway gift card on the spot!

INJURY CLINIC CONSULTATIONS:

Got Shoulder, Neck, Back or Knee Pain? We can help!

15 minutes with our Physical Therapist Mike Marcelo to assess, offer helpful advice and appropriate exercises and/or treatment plans!

Save Your Spot Here! Walk in are welcome!

TABLE OR CHAIR MASSAGE:

Reduce pain, rid that headache, improve your immune system!

Take a short trip to paradise while a therapist massages your neck, back and arms! Get the benefit and relaxation to your aching muscles and feel reinvigorated in under 10 minutes.

Sign Up Here! Walk ins are welcome!

If you have any questions, please email Martha.Hagmaier@baysport.com