



## Announcing the WellTeam® Screening Program

### *An Integral Part of the Teamsters Health and Welfare Fund's Wellness Initiative*

We care about your health . . .and want to ensure you have the tools you need to maintain your good health! Since 2004, the Fund has sponsored a Disease Management/Wellness program to help members with moderate to chronic medical conditions maintain and improve their health. Beginning this March, the Teamsters Health and Welfare Fund has expanded its wellness program, which will now be known as WellTeam®, to include yearly wellness screenings for all members and their spouses.

WellTeam® encourages all members and their spouses to undergo a quick and easy wellness screening to identify health issues ***before*** they become serious. The Fund has partnered with Health Care Solutions and Quest Diagnostics with its “Blueprint for Wellness” program to provide these screenings ***(at no cost to the patient)*** between March 1<sup>st</sup> and September 30<sup>th</sup> at any one of Quest’s more than 2000 Patient Service Centers throughout the United States. A quick call to Health Care Solutions, or to Quest, or registration on the Quest website, will enable you to schedule a screening at a time convenient to you at the Quest Patient Service Center closest to you. (You have the option of having your doctor complete the screening and fax the results to Quest, but you must register on the Quest website to obtain a “Physician Results Form” and you will be responsible for copays, deductibles and co-insurance relating to those services.)

A wellness screening provides an assessment of your basic health status and offers valuable insights into your health risks. The wellness screening includes a non-fasting test for cholesterol and blood glucose (sugar) levels, blood pressure measurement, height, weight and waist circumference to calculate body mass index (BMI). (NOTE: A fasting blood test produces more accurate results.) The screening takes only minutes to complete and is offered through the Quest Diagnostics Blueprint for Wellness® program. A comprehensive, customized report specific to you is sent to you in about two weeks after your screening.

Although the program is voluntary, the only way to earn participation for your family in the Fund’s top plan beginning January 1, 2017 is to participate in the program and complete the screening. **Employees and covered spouses must complete a wellness screening by September 30, 2016.** Participation in the Platinum Plan, the plan having the lowest copays, deductibles and out-of-pocket expense, will be effective January 1, 2017. (Dependent children do not participate in the WellTeam® screening program.) Those who choose not to participate in the WellTeam® program will default to the Fund’s “Gold” Plan in 2017.

**Don’t wait! Schedule your screening . . .**

- By calling Health Care Solutions at 1-800-655-8125 (M-F 8 am – 4:30 pm), or
- By calling Quest at 1-855-623-9355 (M-F 8 am – 9:30 pm, Sat. 8:30 am – 5 pm), or
- By registering on the Quest website [My.QuestforHealth.com](http://My.QuestforHealth.com) using the registration key “WellTeam”

**ATTENTION ALL MEMBERS AND SPOUSES:**

*Please read the enclosed Notice concerning the Fund's new Wellness Program and yearly health screening requirement.*

*Don't miss out in maximizing your benefits and lowering your out-of-pocket expense.*

**Teamsters Health & Welfare Fund  
of Philadelphia and Vicinity  
6981 N. Park Drive, Suite 400  
Pennsauken, NJ 08109**

**Address Correction Requested**