

# A New Benefit for Participants in the Direct Pay Medical Plan

The Trustees are pleased to announce a new preventive care benefit from Health Dynamics that will be ***provided to you at no cost!***



## Comprehensive Preventive Care Health Evaluations

It's a comprehensive preventive care health evaluation that will be good for your health and help us to hold down your Fund's costs.

All currently eligible Direct Pay Medical Plan A, B and C participants and their spouses and those who first become eligible prior to November 2016 qualify for this new benefit.

The results of your evaluations are ***strictly confidential*** and ***will not be shared*** with the Trustees or the Fund. Even if your results identify health issues, there will be no penalty assessed for you or your spouse.

While the new benefit is not mandatory, all participants and their spouses are strongly encouraged to sign up and complete an evaluation by the end of 2017. ***Both of you must complete the evaluation in order to meet the requirements of the program.***

As an added incentive to the obvious health benefits you will attain by doing this, the Trustees approved the following:

**You and your spouse will each receive a \$200 gift card once you have both completed the requirements of the evaluation.**

You may use the gift card in any way you wish. Call Health Dynamics at 866-443-0164, select Option 3 if you have questions about the gift card program.

And here is another very important reason you should participate in this very beneficial program:

**Any participant and eligible spouse who do not complete the health evaluation in 2016 or 2017 will have their medical plan deductibles doubled for 2018.**

That's right. Failure to complete the evaluation by October 31, 2017 will result in your deductibles doubling starting January 1, 2018. A list of participating providers in your area is included on the following page.



# Preventive Care at its Best!

**Health Dynamics offers you two outstanding options to meet your preventive care needs:**

## **OPTION 1:**

### **The HD Comprehensive Care Exam**

Perhaps the most thorough health evaluation you'll ever have, this **absolutely free** 84-point exam provides a comprehensive health profile that identifies potential health concerns, assesses your nutritional status and fitness and helps keep you on track to maintain optimal health.

The exam typically takes about two hours to complete. It begins with a questionnaire and includes a physician-directed physical, a lab panel that is likely more extensive than you would routinely obtain from your primary-care physician and tests that evaluate your heart, lungs and potential cancer risks. Nutritional intake, cardiovascular fitness, strength, flexibility, body composition and stress inventory are also tested.

After completing your exam, you may participate in a personal-consultation session with a health educator to review the results. Your educator will make recommendations and suggestions specific to your unique health, fitness and nutritional status. Knowing what you need to do is essential to improving or maintaining your health.

A list of participating providers in your area is included to the right, and you can call Health Dynamics at **866-443-0164, option 1.**



**Visit one of these Health Dynamics participating providers to receive your 84-point health evaluation *provided to you at no cost!***

**Comprehensive Medical, Inc**  
3600 Power Inn Road, Suite G  
Sacramento, CA 95826  
(916) 454-1423

**Lodi-Health West  
Occupational Medicine**  
2415 W. Vine Street Suite 105  
Lodi, CA 95242  
(209) 339-7441

**Emeryville Occupational  
Medical Clinic**  
6001 Shellmound Street  
Suite 115  
Emeryville, CA 94608  
(510) 653-5200 Ext 0109

**Redding Industrial &  
Occupational Health**  
1710 Churn Creek Road  
Redding, CA 96002  
(530) 646-4242 ext. 0426

**Enloe Client Services**  
888 Lakeside Village Commons  
Chico, CA 95928  
(530) 332-6853

**Santa Cruz Occupational  
Medical Center**  
3601 Caldwell Dr.  
Soquel, CA 95073  
(831) 576-3000

**Garrett Eckerling, MD**  
402 South Auburn St  
Grass Valley, CA 95945  
(530) 802-6621

**SFO Medical Clinic**  
San Fran International Airport  
Level 3  
San Francisco, CA 94218  
(650) 821-5601

**Garrett Eckerling, MD**  
Integrated Physical Therapy  
1465 Tharp Rd  
Yuba City, CA 95991  
(530) 802-6621

**Washington Urgent Care**  
2500 Mowry Avenue  
Suite 212  
Fremont, CA 94538  
(510) 608-6174

## **OPTION 2:**

### **The HD Primary MD Program**

If you want to use your personal physician or prefer a program that requires less of a time commitment, you can still identify and understand your health risks and be put in contact with professional health educators for a consultation. ***And it's covered 100%!***

#### **Here's how:**

1. Schedule an Annual Preventive Care Exam appointment with your doctor.
2. Call Health Dynamics at 866-443-0164, Option 2 and request a HD Primary MD packet.
3. Fill out the enclosed Questionnaire/Data Form prior to your doctor appointment.
4. Have your Annual Exam and ask your doctor to complete the last page of the Questionnaire/Data Form and mail it when completed.
5. Schedule a phone consultation with Health Dynamics to review your exam results.
6. Call Health Dynamics at 866-443-0164 and select Option 3 if you have questions about the gift card program.

These two options are easy, free and a great way to get a handle on your health. Plus, you and your spouse can get a \$200 gift card! It's as easy as 1-2-3:

1. Check your health—you and your spouse complete your health assessments by October 31, 2017.
2. Receive two \$200 gift cards! Enjoy!
3. Avoid doubling your annual medical plan deductibles!

**Preventive care. Important for you. Important to us.**

**The Trustees**



**AUTOMOTIVE INDUSTRIES  
WELFARE FUND**

