

**Health Dynamics
Preventive Care Physical
1-866-443-0164**

Physical Includes:

- Health history questionnaire
- Complete blood chemistry analysis
- Urinalysis
- Body composition measurements
- Resting blood pressure
- Height and weight measurements
- Pulmonary function test
- Strength evaluation
- Flexibility testing
- 12 lead EKG
- Cardiovascular fitness test
- Physician directed examination
- Colorectal cancer screening
- Breast screening mammography
- PSA test for prostate cancer

**Medical Advocate Program-MAP
1-866-573-5745**

Services Available:

- ◆ Quality information about any physician or facility
- ◆ Help seeking a medical specialist
- ◆ Medical questions answered by RN
- ◆ Information on alternative treatments
- ◆ Help getting the medical services you need.

TEAM

TOTAL EMPLOYEE ASSISTANCE MANAGEMENT
651-642-0182 OR 1-800-634-7710

Our partners at **TEAM** are dedicated to providing real life solutions to help our members achieve their goals in the workplace and at home.

TEAM offers resources and strategies for any area of life where you may need a helping hand or desire more knowledge.

- ⇒ Alcohol or Drug Problems
- ⇒ Behavioral Concerns
- ⇒ Eldercare Concerns
- ⇒ Family/Parenting
- ⇒ Communication
- ⇒ Financial Concerns
- ⇒ Job Related Issues
- ⇒ Legal
- ⇒ Personal/Emotional Concerns
- ⇒ Relationship Concerns

The benefit schedule included in this summary is accurate as of the date it was printed. However the Trustees continuously monitor and modify the benefit schedule as necessary when new programs are contracted, plan design changes take place, as a result of technological changes and when legislative changes are required. Refer to the Plan Document, along with any Summary Material Modifications, to assure the most up to date benefit schedule.



**Local 49
Health &
Welfare Fund
Self Insured
Plan**



The Board of Trustees of the Operating Engineers Local 49 Health & Welfare Fund is committed to providing you and your family with the tools, information, and programs you need to take control of your health.



What is the Health & Welfare Self-Insured Plan?

- ◆ As a self-insured plan benefits are paid using participant/ employer contributions
- ◆ Participating employers contribute on all hours worked
- ◆ Initial Eligibility requires 300 hours within a six month period for coverage. Once 300 hours have been worked, there is a one-month waiting period with coverage beginning the first day of the following month
- ◆ Any hours over and above those needed for coverage are held in a “reserve hour” bank, up to a maximum of 600 hours or two quarters of coverage
- ◆ Retiree Plan that provides eligible participants subsidized coverage based on years of service
- ◆ Programs offered include:
 - ⇒ Health Dynamics Physical
 - ⇒ Medical Advocate Program-MAP
 - ⇒ Quit Tobacco Program
 - ⇒ Employee Assistance Program-TEAM
 - ⇒ Maternity Management
 - ⇒ Center for Diagnostic Imaging
 - ⇒ Epic Hearing Program
 - ⇒ Doctor on Demand
 - ⇒ Weight Watchers
 - ⇒ Amplifon Hearing Healthcare Program

BENEFITS

Medical

Deductible
Maximum Out of Pocket
Major Medical
Standard Hospital Charges
Prescription Drugs
Routine Physical
Routine Immunizations
Routine Exam for Children
Foot Orthotics
Ambulance
Mental Health & Chemical Dependency In Patient & Out Patient Treatment
Chiropractic

Prescription Drug Coverage

Generic Drugs
Single Source Brand Drugs
Multiple Source Brand Drugs
Specialty Drugs

Comprehensive Physical Offered by Health Dynamics

Waiver of Calendar Year Deductible in the calendar year following the 12-month period (December-November) in which the physical is completed.

Once physical is completed, choice of Gym/ Health Club Reimbursement OR Copay/ Co-Insurance Reimbursement

Dental

Dental Coverage
Orthodontic Treatment
Orthodontic Treatment for Injuries

Hearing

Hearing Aids

Vision

Vision Exam, Glasses & Contacts
Lasik Surgery

Additional Benefits

Death Benefit
Accidental Death Benefit
Short Term Disability
Quit Tobacco Program
Doctor on Demand

For more information on the specifics of the Plan go to www.health49.org.