

Investing In Your Health!



Objectives

- What is Preventive Care
- Taking Care of Yourself
- Preventing Injuries
- How Local 94 Health Fund Can Help
- Resources

What is Preventive Care?

Routine health care that includes screenings, vaccines, check-ups and Counseling to prevent illness or other health issues.



Health Screenings and Vaccines

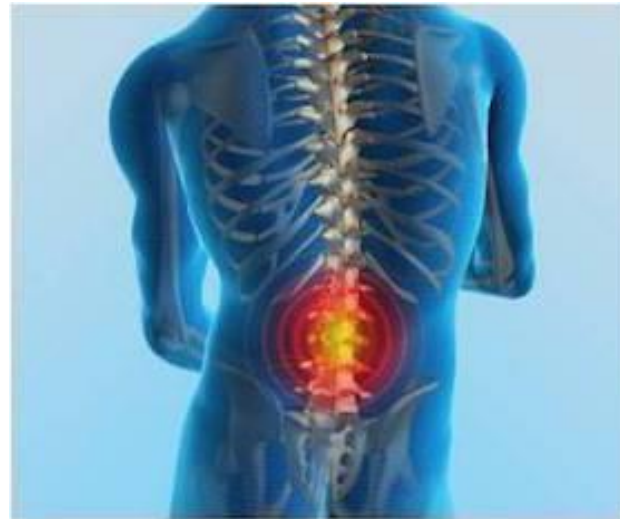
- Cholesterol
- Blood Sugar/Diabetes
- Cancer
 - Colon
 - PSA
- Osteoporosis
- Mammogram
- Annual Physical
- Flu Vaccine

Taking Care of Yourself

- Exercise
- Diet/Nutrition
- Stress Management
- Work/Life Effectiveness
- Sleep
- Don't Smoke
- Financial Health

Preventing Injuries

- Follow Safety Guidelines
- Exercise
 - Build Strength
 - Flexibility
- Sleep
- Ergonomics
 - In the field
 - In the office



How Local 94 Health Fund Can Help

Empire Blue Cross Blue Shield

- Mobile Health App
- Behavioral Health
- LiveHealth Online
- Case Management
- Health Assessment
- Health Record
- Weight Management Guide
- Fitness and Other Discounts
- 24/7 Nurseline

Optum RX

- Diabetes Management

John Hancock

- Financial Health

Local 94 Resources and Contact Info

- www.local94.com
 - Engineering Good Health
- Facebook -
<https://www.facebook.com/local94operatingengineers>
- Empire Blue Cross Blue Shield
 - Call number on your card
- Health Benefits Fund Office -
212-331-1800
- Keith Winick - Health and Wellness Coordinator 212-331-1846