



PREVENTIVE CARE BENEFITS

The best way to stop an illness is to PREVENT it. The Fund's PREVENTIVE CARE BENEFITS can help you and your family stay healthy. The Fund's coverage includes:

✓	Annual Physicals and Wellness Exams	✓	Fecal Occult Blood Tests for Colon Cancer
✓	Bone Density Screenings	✓	Immunizations
✓	Cholesterol and Other Blood Tests	✓	Pap Smear Lab Tests
✓	Colonoscopies	✓	Mammograms
✓	Dental Exams and Preventive Care	✓	PSA Blood Tests
✓	Diabetes Screenings	✓	And More!



DIABETES MANAGEMENT PROGRAM

Eligible participants receive a free glucose monitoring meter, unlimited glucose strips and one on one counseling. Improve medication adherence and identify gaps in care. For more information contact OptumRx directly at 855-295-9140 or log on to www.optumrx.com

VIRTA HEALTH PROGRAM

For a limited time, members can sign up at no cost for personal coaching to help you develop a healthy nutrition plan to lose weight and eliminate certain medications. Learn more at www.virtahealth.com/join/iuoe

The Health and Benefit Trust Fund of the
International Union of Operating Engineers Local Union No. 94, 94A, 94B, AFL-CIO
337 West 44th Street, New York, NY 10036



BEHAVIORAL HEALTH

Anthem BCBS Behavioral Health Program offers guidance on treatment for issues like anxiety, depression, and substance abuse. If you are in crisis, call 1-800-626-3643 and select prompt #1. For claims or benefits, call 844-241-7089.

WELLNESS PROGRAMS

Visit the website www.anthembluecross.com to view wellness programs available to help you live a healthy lifestyle. Programs include: a health assessment, weight management center, online toolkit and much more!

SYDNEY HEALTH APP

Download Anthem's **SydneySM Health** app for easy online access to your health benefits.



At home or on the go, doctors and mental health professionals are here for you. When you are not feeling well, you can easily get the support you need using Anthem BCBS's telemedicine service. Schedule an appointment at www.livehealthonline.com or call 888-548-3432.

CONTACT US

For more information visit www.local94.com
Health and Benefit Fund Office
212-331-1800