



Robert J. Cooper, Jr.
Business Manager

Kristopher D. Winget
Financial Secretary-Treasurer

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President-Organizer

Dear Participant:

The Sprinkler Fitters Local Union 669 and the NASI Welfare Fund have partnered with Health Gauge to provide healthcare screenings at NO COST TO YOU.

Who is eligible to participate?

All eligible NASI Welfare Fund Participants, eligible spouses and dependents (18 years of age and older), and eligible NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare).

Date and Location.

Thurs. Oct 9 th , 2025	6:00 AM – 2:00 PM	Plumbers & Pipefitters 125	5001 J St W, Ste 100 Cedar Rapids, IA 52404
Fri. Oct 10 th , 2025	6:00 AM – 2:00 PM	Plumbers & Pipefitters 125	5001 J St W, Ste 100 Cedar Rapids, IA 52404
Sat. Oct 11 th , 2025	7:00 AM – 12:00 PM	Plumbers & Pipefitters 125	5001 J St W, Ste 100 Cedar Rapids, IA 52404

How do I participate?

Step 1: Call Toll Free 515-244-3080 to schedule your health screening appointment.

Or schedule online at <http://pplocal125.hgscreenings.com>

When booking online please select the Men/Women NASI Service Package

Step 2: Attend your onsite health screening at the scheduled time.

IMPORTANT: Fasting is NOT required.

Step 3: Ultrasound Results will be provided the day of the event.

Bloodwork and Biometric Reporting will be available within 10-14 business days.

What should I expect the day of the screening?

Screenings will be completed in under an hour. When you arrive at the screening, you will be greeted by a Health Gauge staff member. The staff member will check you in. The confidential health screening will include biometrics, such as height, weight, waist and hip measurements, resting pulse, and blood pressure. Non-invasive ultrasound screenings will be performed to identify blockages in the neck, abdomen, and legs. These blockages can lead to stroke and various cardiovascular conditions that can be life threatening and debilitating if left undetected and untreated. Additionally, a comprehensive blood draw will be completed.

These tests are not meant to replace your Primary Care Physician, but are meant to improve communication with your Physician at your next appointment.

The Fund Office sincerely hopes the program will provide convenient access that will allow you to take advantage of this benefit.

Please refer to the attached informational flyer to obtain more details or simply contact Health Gauge at (515) 244-3080 for additional information.

Road Sprinkler Fitters Local Union No. 669

7050 Oakland Mills Road • Suite 200 • Columbia, Maryland 21046
(410) 381-4300 • fax: (301) 621-8045 • www.sprinklerfitters669.org

NASI 669 HEALTH CARE PLAN HOSTS SCREENING TO DETECT YOUR RISK FOR STROKE AT NO COST!!

PLAN PARTICIPANTS, SPOUSES, & RETIREES screen for FREE!!
(including all eligible NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare))

Plumbers & Pipefitters 125
5001 J St SW, Ste 100
Cedar Rapids, IA 52404

Thursday, October 9th 6:00 AM - 2:00 PM
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Carla Gruetzmacher Administrative Manager I.B.E.W 292

"I am simply amazed by this service. I participated in a simple 10-minute ultrasound to find out if I had risk of stroke. In that 10 minute I not only found out I had no risk of stroke, BUT I was made aware of what turned out to be thyroid cancer. This service explains what they are seeing with your ultrasound as they are performing the test. So, as the technician was scanning me, he explained that I had a small thyroid cyst that was very low risk, but that I should consult my doctor and let him decide next steps. I am so lucky I did! My doctor stated that without this ultrasound there would have been no way to detect such a small cyst, and finding cancerous cysts early is the key. My treatment was easy, and there was no need for any chemo or radiation. Please give an hour of your time even if you do not think you have risk of stroke, it very well may save your life.



SCAN ME

To make an appointment (required):

Call 515-244-3080 or visit:

<https://pplocal125.hgscreenings.com/>

See reverse for a description of the screenings offered!



ULTRASOUND OF
ARTERIES & VESSELS



BLOOD DRAW



BIOMETRICS



COMPREHENSIVE
HEALTH ASSESSMENT

TO SCHEDULE, CALL 515-244-3080 OR GO ONLINE TO <https://pplocal125.hgscreenings.com/>



YOUR HEALTH IS OUR PRIORITY

FASTING IS OPTIONAL NOT REQUIRED!

ULTRASOUND

Carotid Artery

Visualizes the buildup of fatty blockage in the carotid arteries. This condition causes the majority of strokes.

Peripheral Artery Disease (ABI)

Checks for blockages in the legs. Abnormal results indicate high risk of coronary artery disease and peripheral arterial disease

Abdominal Aortic Aneurysm (AAA)

Visualizes the existence of an aneurysm in the abdominal aorta, that can rupture and be fatal.

BLOODWORK

Biometric Screening and Bloodwork

Height/Weight
Hip/Waist Circumference
Body Mass Index (BMI)
Blood Pressure/Pulse
Lipid Panel w Glucose
Full Chemistry Panel
Hemoglobin A1c
Prostate Specific Antigen - Men
Thyroid Stimulating Hormone - Women

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