



Robert J. Cooper, Jr.
Business Manager

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Dear Participant:

Sprinkler Fitters 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).

Dates and Location.

Thursday May 21, 2026	12:00 PM – 7:00 PM	Embassy Suites Arcadia Room	1050 Westbrook St Portland, ME 04102
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Step 1: Call Toll Free 515-244-3080 to schedule your health screening appointment.

Or schedule online at <https://NASI.hgscreenings.com>

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 on 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, ELIGIBLE DEPENDENTS 18 AND OLDER SCREEN FREE!
(Including eligible NASI Welfare Fund retirees and beneficiaries (both Medicare and Pre Medicare))

**Embassy Suites
1050 Westbrook St
Portland, ME 04102
Thursday, May 21, 2026
12:00 PM - 7:00 PM**

NASI 669 - Tema Stethem

I'm a long-time wife of a local 669 member. I came into these screenings not knowing what to expect and was pleasantly surprised. This professional, fun, and efficient team performed several ultrasounds, biometrics, and a full blood draw. I was out the door in under an hour. I was especially surprised that they found a structure on my thyroid nodule that had attached itself to my vocal cords. My doctor was able to remove the nodule before it turned into a much bigger issue. The care and service of Health Gauge is simply amazing!



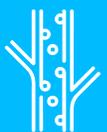
SCAN ME

To make an appointment (required):

Call 515-244-3080 or visit:

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



YOUR HEALTH IS OUR PRIORITY

FASTING IS OPTIONAL NOT REQUIRED!

CARDIOGAUGE

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

BIOGAUGE

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



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