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Business Manager

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Dear Participant:

The Sprinkler Fitters Fund Office has partnered with Health Gauge to provide a healthcare screening 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 & Locations**

|   |                    |                   |  |
|---|--------------------|-------------------|--|
| Monday, January 6 <sup>th</sup> , 2025    | 12:00 PM – 7:00 PM | Beachwood Hotel   | 363 Plantation St<br>Worcester, MA 01605     |
| Tuesday, January 7 <sup>th</sup> , 2025   | 12:00 PM – 7:00 PM | Hilton Garden Inn | 85 Glastonbury Blvd<br>Glastonbury, CT 06033 |
| Wednesday, January 8 <sup>th</sup> , 2025 | 12:00 PM – 7:00 PM | Crowne Plaza      | 801 Greenwich Ave<br>Warwick, RI 02886       |

**How do I participate?**

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

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

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

**IMPORTANT: Fasting is OPTIONAL - 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](http://www.sprinklerfitters669.org)





# 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

Waist circumference

Body Mass Index (BMI)

Blood pressure

Lipid Panel with glucose

Full Chemistry Panel - Provides high level evaluation of the body's major organ functions

Hemoglobin A1c - Average blood sugar (glucose) last 3 months

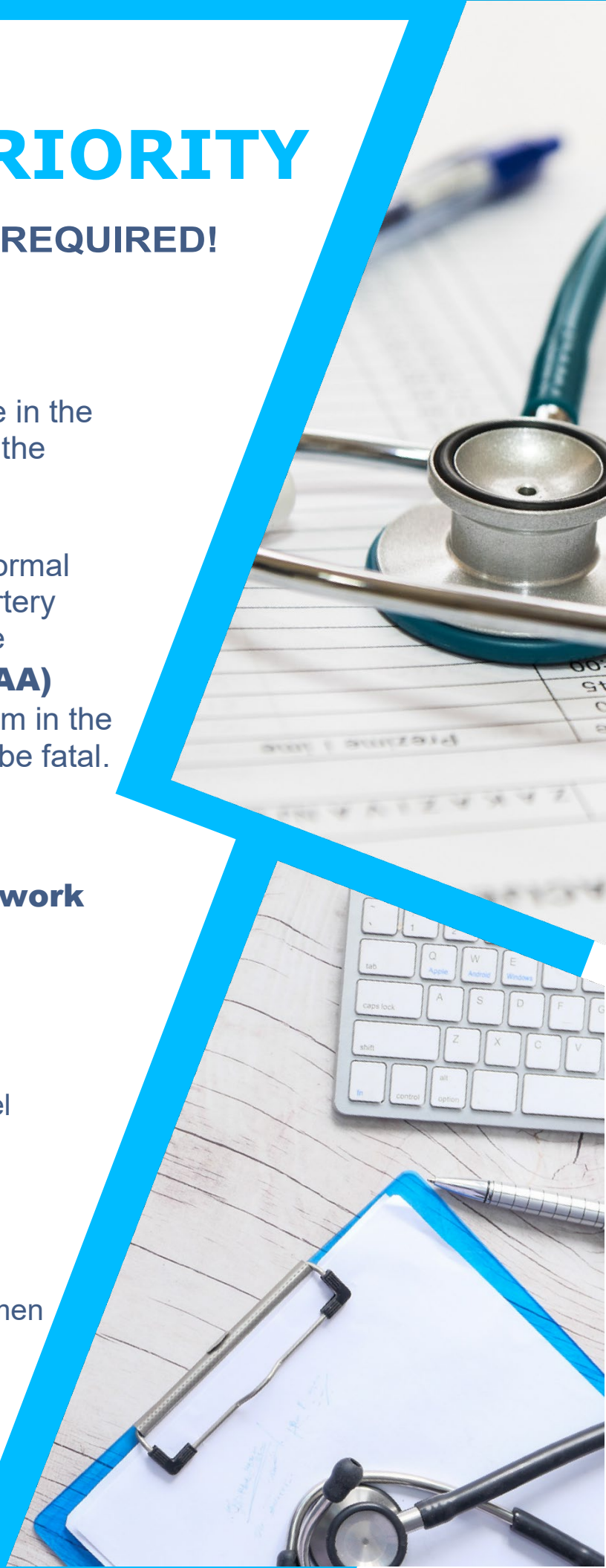
Prostate Specific Antigen (PSA) Men

Thyroid Stimulating Hormone (TSH) Women

To make an appointment (required):

Call 515-244-3080 or visit:

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



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

PLAN PARTICIPANTS, SPOUSES, & RETIREES screen for FREE!!

Beachwood Hotel  
363 Plantation St,  
Worcester, MA 01605

Monday, January 6<sup>th</sup> 12:00 PM to 7:00

Hilton Garden Inn  
85 Glastonbury Blvd,  
Glastonbury, CT 06033

Tuesday, January 7<sup>th</sup> 12:00 PM to 7:00 PM

Crowne Plaza  
801 Greenwich Ave,  
Warwick, RI 02886

Wednesday, January 8<sup>th</sup> 12:00 PM to 7:00 PM

## NASI 483 Member

When I came to the free screenings provided by Local 483 I expected to leave with a clean bill of health. I couldn't believe that the local was able to perform such comprehensive screenings right at the hall. Full blood panel and ultrasounds, it was very convenient and I was in and out in under an hour. When it came time for my ultrasounds the technicians Sara and Louis told me that there was blockage in my leg and that I should share the information with my doctor so I did. I was very surprised about the results since I had no symptoms but within two months of the screening, I had surgery to remove the blockage in my femoral artery. I am very thankful for the screenings provided by Local 483 to me. Don't miss these free annual screenings even if you think you feel fine.

*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/>