

● WELLNESS

PIPEFITTERS 597 CHICAGO



# a fitter you

- routine wellness exams
- weight-loss program
- member assistance program
- smoking cessation
- flu shots

- This brochure has been designed to highlight some of the Pipe Fitters Local 597 Welfare Fund's key wellness offerings.

Beginning in 2007, the Board of Trustees introduced a new **Routine Physical Exam Benefit** that covers 100% of the cost of a routine physical examination and the necessary tests for employees and spouses.

At the beginning of 2007, the Welfare Fund initiated an arrangement with **Weight Watchers®** where the Welfare Fund will pay the full cost of a monthly pass for up to 4 months for employees and their spouses.

In June 2007, the Trustees expanded the Prescription Drug Benefit to cover **CHANTIX**, a smoking cessation drug, in the interest of helping employees and dependents to **quit smoking**.

Also, for several years, the Welfare Fund has been offering a **Members Assistance Program (MAP)** through a company called ERS which offers you and your family free and confidential assistance in addressing personal problems.

Annually, the Fund sponsor's **flu shot clinics** for Local 597 members and spouses in Chicago, Mokena, Merrillville and Volo.

The Pipe Fitters Benefit Funds website has been updated to provide more information on our Wellness Programs and to provide links to our vendors.

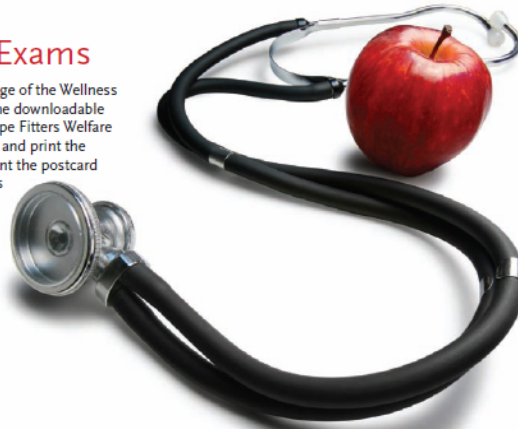


## • Routine Wellness Physical Exams

The Fund will pay the full Usual and Customary Fee for the following services for active and retired employees and their spouses, except for persons eligible for Medicare.

- Preventive Exam & Medical History
- Comprehensive Metabolic Panel
- Lipid Panel
- Occult Blood (over age 35)
- Blood Glucose
- Complete Blood Count with Differential WBC
- Urinalysis
- Venipuncture
- PSA (men over age 40)
- Mammogram (women over age 40)

To take advantage of the Wellness Benefit, go to the downloadable forms on the Pipe Fitters Welfare Fund's Website and print the postcard. Present the postcard at your Doctor's office when scheduling or undergoing the exam.



## • Weight Watchers

Pipe Fitters has joined forces with Weight Watchers to bring you convenient weight-loss solutions from the only commercial weight-loss plan with evidence it works!

The Fund pays for the full cost of a monthly pass for up to 4 months or will apply that amount towards whatever option you select, including Weight Watchers Online or Weight Watchers At Home. The benefit pays once per lifetime per employee and per spouse.

The Choice is Yours!

**Weight Watchers Monthly Pass provides:**  
Unlimited prepaid meetings for 4 months plus free eTools, the internet companion. This prepaid program offers the flexibility of attending Weight Watchers meetings in your community when and where it suits you best.

### Weight Watchers Online subscription:

With an Online subscription you can follow Weight Watchers step-by-step online, with interactive tools and resources. Weight Watchers messages sent directly to your email address, hundreds of recipes and meal ideas.

### Weight Watchers At Home kit-Deluxe Edition:

The At Home kit gives you information and resources by mail to follow the plan step-by-step at home. The kit includes weight-loss tools and bonus products that are conveniently delivered to your home, along with access to a Toll-free Helpline with 26 weeks of progress reporting.

Call 1.866.204.1141 to start a program today or follow the link on Pipe Fitters Welfare Fund website.



## • Member Assistance Program

ERS is our Member Assistance Program (MAP). This program is free and confidential. It provides supportive counseling, information and resources for Local 597 members and their families.

- Alcohol and other drug abuse
- Eating disorders
- Legal concerns
- Financial concerns

When should you call the Member Assistance Program?

The MAP typically deals with challenges such as:

- Family conflict
- Marital or relationship issues
- Stress
- Depression
- Anger management
- Grief & loss issues
- Parenting concerns

How do you get started?

You can call MAP at 1.800.292.2780 and be connected with an MAP counselor who will talk with you and then schedule an appointment.

You can access a New Web-based UNIONSELECT resource and referral Program by logging on to:  
[www.ers-usa.org](http://www.ers-usa.org)  
Username: local597  
Password: member



## • Quit Smoking for Good

### Your Health

Cigarette smoking has been identified as the number one preventable cause of premature deaths worldwide. Smoking can and often does lead to lung cancer, chronic obstructive pulmonary disease and ischemic heart disease.

### New Law

Smoke Free Illinois Public Act 95-0017. Smoking is now prohibited in any public building or place of employment or within fifteen (15) feet of the entrance. Find help to quit smoking from 1-800-QUITNOW or at [smokefree.gov](http://smokefree.gov).

### Get Help

See your doctor and take advantage of the Local 597 Welfare Fund new drug benefit which now includes a promising new

smoking cessation prescription drug: CHANTIX. Coverage will be provided for up to a three month supply per calendar year to help you stop smoking.

For free online smoking cessation programs and more information contact:

**American Lung Association**  
(800) LUNG-USA (800.586.4872)  
[www.lungusa.org](http://www.lungusa.org)

**American Cancer Society**  
(800) ACS-2345 (800.227.2345)  
[www.cancer.org](http://www.cancer.org)





Pipe Fitters website:

[www.pf597.org](http://www.pf597.org)  
(BENEFIT FUNDS)

*Includes links to all the  
Wellness Programs and  
downloadable forms.*



● Board of Trustees

**Union Trustees**

Mr. James Buchanan  
Mr. Thomas J. Kotel  
Mr. John E. Kuszynski  
Mr. Gregory J. Watson

**Employer Trustees**

Mr. Frederick S. Oyer  
Mr. John D. Curran  
Mr. Stephen L. Lamb  
Mr. Marc A. Pittas

**Administrator**

Peter A. Driscoll

