

# **IBEW Local Union 595 Health & Welfare and Pension Benefits Fair**

THIS IS AN IMPORTANT REMINDER THAT YOUR ANNUAL HEALTH & WELFARE AND PENSION BENEFITS FAIR WILL BE HELD

**Saturday, March 4, 2023, 9:00AM – 12:00PM  
at the Alameda County Electrical JATC  
Zero Net Energy Center**

**14600 Catalina St., San Leandro, CA 94577**

**MANY GREAT DOOR PRIZES AND GIVEAWAYS!  
ACTIVE AND RETIRED MEMBERS AND SPOUSES WELCOME!**

**SERVICE PROVIDERS TO THE TRUST FUNDS WILL BE THERE TO HELP, INFORM AND EDUCATE YOU!**

## **SERVICE PROVIDERS TO INCLUDE:**

- ✦ KAISER PERMANENTE
- ✦ UNITED HEALTHCARE MEDICAL AND DENTAL
  - ✦ DELTA DENTAL PLAN
  - ✦ IBEW LOCAL UNION 595 STAFF
    - ✦ VISION SERVICE PLAN
    - ✦ PLAN ADMINISTRATOR STAFF
      - ✦ OPTUMRx
  - ✦ OE FEDERAL CREDIT UNION
    - ✦ BAY SPORT

- **BAYSPORT WILL BE PROVIDING WELLNESS SCREENING DURING THE BENEFITS FAIR. “GET YOUR NUMBER” AND EARN A \$20 SAFEWAY GIFT CARD. SEE MORE DETAILS ON THE REVERSE OF THIS FLYER TO SET AN APPOINTMENT. SPACE IS LIMITED.**

# BaySport Wellness Services are FREE

## During the IBEW Local 595 Benefits Fair!

Saturday, March 4 from 9 am to 12 pm

### HEALTH SCREENINGS:

“Get Your Numbers” by participating in our onsite health screening and earn a \$20 Safeway gift card.

The 25-minute biometric tests and screening will provide a snapshot of your health! The screening will include a FASTING or NON-FASTING fingerstick blood test for Total Cholesterol, HDL-cholesterol, LDL-cholesterol (fasting), Chol/HDL ratio, Non HDL-cholesterol, Triglycerides (fasting) and Glucose; a blood pressure check; and a body mass index assessment.

If you wish to conduct a fasting screening, please no food or calories for 8+ hours prior to your appointment time, but please drink water. Fasting is NOT required to participate!

A BaySport health coach will explain your results and may refer you to see your doctor if needed.

[Register Here!](#) Walk ins are also welcome but space is limited!

All participants will receive a \$20 Safeway gift card on the spot!

### INJURY CLINIC CONSULTATIONS:

Got Shoulder, Neck, Back or Knee Pain? We can help!

15 minutes with our Physical Therapist Mike Marcelo to assess, offer helpful advice and appropriate exercises and/or treatment plans!

[Save Your Spot Here!](#) Walk in are welcome!

### TABLE OR CHAIR MASSAGE:

Reduce pain, rid that headache, improve your immune system!

Take a short trip to paradise while a therapist massages your neck, back and arms! Get the benefit and relaxation to your aching muscles and feel reinvigorated in under 10 minutes.

[Sign Up Here!](#) Walk ins are welcome!

If you have any questions, please email [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com)