

# IBEW LOCAL 595

## INSIDE PROGRAM 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 7, 2026**



**9:00 am – 12:00 pm**



**ALAMEDA COUNTY JATC – ZERO NET  
ENERGY CENTER**

**14600 Catalina Street, San Leandro, CA**

**Many Great Door Prizes and Giveaways!  
Active and Retired Members and Spouses Welcome!**

Service Providers to Include:

- Kaiser Permanente
- United Healthcare Medical and Dental
- Delta Dental Plan
- IBEW Local 595 Union Staff
- Vision Service Plan
- Plan Administrator Staff
- Optum RX
- OE Federal Credit Union
- BaySport

**BaySport will be providing Wellness Screenings, Massage and Nutrition Coaching during the Benefits Fair. Earn a \$20 Safeway Gift Card with your screening. See more details on reverse of this flyer to set your appointments. Space is limited!**

# **BaySport Wellness Services are FREE During the IBEW Local 595 Benefits Fair**

**Saturday, March 7 from 9 am to 12 pm**

## **HEALTH SCREENINGS:**

“Get Your Numbers” by participating in our onsite health screening.

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!



## **TABLE OR CHAIR MASSAGE:**

Reduce pain, rid that headache, improve your immunesystem!

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

Sign Up by emailing [Martha.Hagmaier@baysport.com](mailto:Martha.Hagmaier@baysport.com). Walk ins are welcome!