

Welcome to your improved Wellness Program

How it works

The Fund offers a Wellness Program for you and your spouse, at no cost to you. The program includes an annual biometric screening and — if your results are out of normal range — follow-up coaching. The screenings provide valuable information about potential health risks.

If improved health isn't enough of a reason to take part in the Wellness Program, you and your spouse will each receive a \$300 gift card when screening results are within normal ranges. Gift cards are considered taxable income.

Participants with out-of-range screening results will get a \$150 gift card. To receive an additional \$150 gift card, they must complete the coaching program.

The Fund will also contribute \$100 to your Health Reimbursement Arrangement (HRA) when you complete the coaching program.

The health screenings are conducted by a medical professional at select locations during annual on-site wellness events; you can also visit your primary care physician to be screened.



What the screening measures

The finger-stick screening tests your blood for the following levels:

- » Total cholesterol
- » HDL
- » LDL
- » Triglycerides
- » Glucose
- » Body mass index (BMI)
- » Blood pressure
- » Body fat percentage
- » Waist circumference
- » Metabolic syndrome calculation


Fasting for 9 hours before your screening is recommended but not required.

The Fund's Summary Plan Description (SPD) and plan document set forth the terms of benefits, including eligibility. If there are inconsistencies between information in this mailer and the SPD and plan document, the terms of those documents prevail. Visit liunawisconsin.org/benefits to find copies of the Fund's SPD and plan document.



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Because Your Health Matters

 Learn what's new and improved inside






Improving Your Health
JUST GOT EASIER



A smoother path to better health

We're pleased to announce some exciting changes to your benefits that can help you and your covered dependents improve your health and make it easier to manage chronic conditions. The enclosed information applies to active participants and pre-65 retirees and their spouses.

Beginning January 1, 2025, we're improving the Fund's health screenings and coaching program by:

 Partnering with new vendors for improved service and offerings	 Moving from a paper-based system to an online wellness platform	 Offering unlimited telephonic and web-based health coaching
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We're also introducing **Teladoc Health**, a digital-based program for you and your dependents who may be struggling to manage weight, control diabetes, or reduce blood pressure. Teladoc provides a personalized, app-based experience that's focused on holistic care, making it easier to manage chronic conditions, improve your health, and reduce your risk for disease.

We've vetted these new programs, and we believe that they can improve your well-being and lead to better health outcomes — **at no cost to you**. Learn more inside.

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What's changing in 2025

Beginning in January, our new vendors — eHealthScreenings and its partner, Marquee Health — will bring efficiencies that make it easier for you to participate in our Wellness Program. Here's what to expect.

On-site screenings

- » You will schedule screening appointments, receive appointment reminders, and view results digitally. Scan the QR code at right or visit liunawisconsin.org/benefits and select the MemberXG icon. First-time users will need to register. After you log in, select Marquee Health. Call 608-842-9102 if you have access issues.
- » On-site screenings will continue to be staffed by a medical professional.
- » Preliminary results will be uploaded online, and you can discuss your initial results with the medical professional immediately after your screening. Full results will be available on the portal within 10 business days.
- » If your or your spouse's **screening results are within normal ranges**, you and/or your spouse can go online and redeem your \$300 gift card after your screening.

If your or your spouse's **screening results are out of range**, you and/or your spouse will receive a referral to complete the coaching program and instructions about how to redeem a \$150 gift card. After completing the health coaching program, as described on the right, you and/or your spouse will receive instructions on how to redeem another \$150 gift card.

Screening with your PCP

- » If you or your spouse chooses to be screened by your PCP, print the eHealthScreenings form (available at liunawisconsin.org/benefits > Health & Pension Benefits > Wellness Forms > Wellness Packet), and take it to your PCP.
- » After your PCP completes the form, you can upload it to the platform or scan and email it to eHealthScreenings (see instructions on the form).
- » When your results are posted on the platform, you will receive information about redeeming your incentive.



Unlimited health coaching and guidance

You and your eligible dependents can participate in the Fund's coaching program at any time. If your or your spouse's screening results are out of normal range, you and/or your spouse will receive a referral to the coaching program.

With the coaching program, you and your eligible dependents have access to a user-friendly wellness portal, which features unlimited coaching, engaging challenges, and incentives.

The health coaching program also includes:

- » A wellness portal and mobile app
- » Unlimited access to expert health coaches
- » Access to blogs, wellness videos, monthly webinars, recipes, meditation tips, and workout plans
- » Personal health assessments
- » Wellness challenges that feature friendly competitions with your coworkers
- » Nationwide gym membership discounts

Earn \$100 for your HRA

The Fund will contribute \$100 to your Health Reimbursement Arrangement (HRA) when you and/or your spouse or domestic partner:

- » Participates in the biometric screening, or
- » Completes the coaching program when screening results are out of range.

Use Teladoc to manage your chronic condition

Living with a chronic condition isn't easy, but beginning January 1, 2025, support through Teladoc will be available to you at no cost if you've been diagnosed with prediabetes, diabetes, hypertension, or obesity. The Teladoc condition management programs are voluntary. You can participate at any time, or your health coach can refer you to Teladoc for extra support.

Teladoc combines app-based information and support with coaching, monitoring, and medication management (as needed) through the Teladoc Health app, a comprehensive health app that enables you to track lesson completion, activity, food intake, and weight — and receive feedback from your coach — all in one place.

Weight management (diabetes prevention)

Taking control of your weight is key to reducing your risk for type 2 diabetes and other serious health complications. Teladoc's diabetes prevention program features:

- » An easy-to-use digital scale that connects to the Teladoc Health app
- » Personalized nutrition advice and meal plan support
- » Unlimited access to one-on-one coaching from a trained diabetes prevention lifestyle coach, including physical activity guidance and lifestyle management
- » Tools, resources, and lessons through the Teladoc Health app
- » A connected blood pressure monitor for eligible members

Diabetes management

If you've been diagnosed with diabetes, Teladoc's diabetes management program can help you lower your A1C and manage your blood sugar.

Key features of the diabetes management program include:

- » A portable blood glucose meter that lets you easily monitor your blood sugar readings wherever you go
- » Unlimited strips and lancets
- » One-on-one coaching from a trained coach to help you manage blood sugar, guide meal planning, provide guidance around physical activity, and offer tips for building sustainable healthy-lifestyle habits
- » Tools and resources through the Teladoc Health app
- » Professional guidance from a licensed medical provider

Hypertension management

Diagnosed with high blood pressure? Turn to Teladoc's hypertension management program to help you manage your hypertension and create sustainable, heart-healthy habits. You'll reduce your risk for stroke, heart failure, heart attack, and kidney disease.

Key features of the hypertension management program include:

- » A portable blood pressure monitor and flexible arm cuff that enable you to easily monitor your blood pressure wherever you are. You can download data from your mobile app or online account and share reports with your provider.
- » One-on-one coaching from certified specialists, designed to fit your schedule and provide motivation and guidance that fosters the right mindset for getting healthy
- » Tools through the Teladoc Health app that help you track your activity, food intake, and blood pressure readings, all in one place
- » Personalized health nudges and other insights
- » Professional guidance from a licensed medical provider who can provide medication guidance and order lab tests

You may also be eligible for an easy-to-use digital scale that connects to the Teladoc Health app and digital tools to support your mental health.



To learn more or to get started, call Teladoc at **800-TELADOC** or visit teladochealth.com.



Need a hand with life? Reach out to the EAP.

Challenges. Life serves them up daily. Many we can handle ourselves, but for others, we need support. And that's exactly what the Employee Assistance Program (EAP) provides. From navigating issues that rock your emotional well-being to finding resources that support daily living, the EAP is here to help you and your family, 24/7/365.

Call **800-865-1044** or visit anthemeap.com and click the **EAP Member Login** button. On the next screen, enter **wilaborers** in the login box.

Contacts

Health screenings

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Health coaching

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Condition management

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