



# OE3 Trust Funds

Health. Security. Service.

Operating Engineers Trust Funds  
1640 South Loop Road, Alameda, CA 94502  
P.O. Box 23190, Oakland, CA 94623-0190

(800) 251-5014 • OE3trustfunds.org

**January 2013**

Dear Health & Welfare Plan Participants:

The Operating Engineers Health & Welfare Plans provide participants various ways to improve their health and well-being. The Health Dynamics Program has been very successful in identifying medical issues early and has in several cases saved plan participants from serious medical hardships. The Program is designed to help sustain optimal health by providing not only the medical screenings but also the education about diet, nutrition and exercise.

The Plans continue to offer participants a sizable incentive to participate in this program. For 2013 the incentive has been improved whereby each plan participant that participates in the Health Dynamics Program will be given a \$250 prepaid debit card, which can be used for any medical related expense (copayments, over the counter drugs, dental, optical, etc.). We hope that by improving the incentive, more plan participants will take advantage of this Program.

The health benefits for plan participants and the corresponding savings to the Plan that are offered by this Program have been very beneficial. We encourage you and your spouse to take advantage of this very valuable Program – an excellent way to check on your health and a great way to receive up to \$500 for a family.

The California Active and Pensioned Health & Welfare Plans offer the Health Dynamics Program to the Comprehensive Plan enrollees, and their spouses. The program is not covered for dependent children, Medicare eligible retirees or Kaiser, United Healthcare and Health Net participants.

Make a Commitment to Personal Excellence. Call and schedule your appointment today. Provider locations are listed on the attached handout.

Sincerely,

The Board of Trustees

# Experience life in HD



Get a crystal clear picture of your health

**OE3 Trust Funds**

Health. Security. Service.



- The Operating Engineers Local 3 Active Health and Welfare Plan encourages all eligible members and spouses enrolled in the comprehensive medical plan to participate in the Health Dynamics exam (Does not include Kaiser or Health Net members).
- Health Dynamics provides a thorough health screening designed to assess your health status and health risks. The primary objective is the early detection of potential health issues and the reduction in preventable illnesses. You will also receive a confidential report at the consultation, which will address health risk scores, provide explanations and recommendations to review with your own doctor.

- The Program is paid for at 100%, once every calendar year without a co-pay or deductible and is covered in addition to your preventive care benefit under the comprehensive medical plan.
- **As an incentive to participate** (effective January 1, 2013) a \$250 prepaid debit card will be issued to each participant, which can be used for any medical related expense (copayments, over the counter drugs, dental, optical, etc.).
- **Local provider locations** and Program Components are listed on the backside of this handout.

**HEALTHDYNAMICS**  
The Future of HealthCare

## Operating Engineers - Health Dynamics Program

### Program Components:

- Health history questionnaire
- Complete blood chemistry analysis, including glucose and cholesterol (41 elements)
- Urinalysis (16 elements)
- Body fat composition measurements
- Resting blood pressure
- Height and weight measurements
- Pulmonary function test (lungs)
- Strength evaluation
- Flexibility testing
- Twelve-lead EKG recording
- Cardiovascular fitness test – bike or treadmill
- Physician directed examination
- Pap smear for women (upon request)
- Colorectal cancer screening (multi-slide available)
- Breast screening mammography, according to American Cancer Society guidelines (upon request)
- PSA test for prostate cancer, according to American Cancer Society guidelines
- Chest X-ray (OSHA protocol only)
- One hour wellness coaching/consultation

### To schedule an appointment, please call one of the providers:

Adventist Health - JobCare  
1142 Rose Avenue, Suite B  
**Selma**, CA 93662  
(559) 891-8940

Redding Industrial & Occupational Health  
1710 Churn Creek Road  
**Redding**, CA 96002  
(877) 870-3291

Adventist Health - JobCare  
500 Greenfield Avenue  
**Hanford**, CA 93230  
(559) 589-9500

Santa Cruz Occupational Medical  
610 Frederick Street  
**Santa Cruz**, CA 95062  
(877) 870-3291

Comprehensive Medical, Inc.  
3600 Power Inn Rd, Suite G  
**Sacramento**, CA 95826  
(916) 454-1423

Santa Rosa Memorial Hospital, Annadel Medical Group  
500 Doyle Park Drive, Suite G04  
**Santa Rosa**, CA 95405  
(707) 303-8360

Emeryville Occupational Medical Center  
6001 Shellmound St  
Suite 115  
**Emeryville**, CA 94608  
(877) 870-3291

Ukiah Valley Rural Health Clinic  
Family Practice Office #209  
1050 North State Street  
**Ukiah**, CA 95482  
(707) 462-2945

Enloe Occupational Health  
888 Lakeside Village Commons  
**Chico**, CA 95928  
(530) 332-6853

Washington Hospital \*\*  
2000 Mowry Avenue  
**Fremont**, CA 94538  
(510) 608-6174

Garrett M. Eckerling, MD  
402 South Auburn St.  
**Grass Valley**, CA 95945  
(530) 277-9941

Queen of the Valley Medical Center  
WorkHealth Occupational Health Clinic  
1100 Trancas St, Suite 300  
**Napa**, CA 94558  
(707) 257-4084

Garrett M. Eckerling, MD  
370 Del Norte Avenue  
**Yuba City**, CA 95991  
(530) 277-9941

\*\* New provider