

Twin Horse Crier

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The Power of Prevention

Provided by Carewise Health

Preventive healthcare is important as it can ward off unwanted sicknesses and diseases. Maintain your healthy lifestyle so you don't miss work or social outings by participating in appropriate preventive care screenings. Are you already up to date on your preventative care screenings? Encourage your co-workers to make their preventative care appointment so they can stay healthy and promote a healthy work environment.

Want to know what type of preventive care you need at your age? You can view that information at the following link:
<http://www.mayoclinic.com/health/health-screening/WO00112>

"Spread the Health" at work by making sure that you are up to date on your vaccinations! Check out the following link for more information:
<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

Remember, preventive care screenings are an important part of health promotion efforts. Many preventive screenings have been recognized as a cost-effective way to identify and treat potential health problems before they develop or worsen. Take your health into your own hands and choose the right healthcare today.

One important step you can take right away, if you haven't already done so, is to take your Personal Health Assessment. This is a quick, confidential questionnaire that you fill out at your convenience. It will help you evaluate both your current

health and future health risks, by taking a look at your personal history and your own individual lifestyle choices. Go online to teamsters.carewisehealth.com and take the Personal Health Assessment today.

For more information about online healthy lifestyle programs, visit teamsters.carewisehealth.com or call toll free 1-888-852-8382 and a Carewise Health expert can assist you.

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

Allowance Increase for Hearing Aid Benefit

Effective February 1, 2013, the Board of Trustees has agreed to increase the allowance for the hearing aid benefit from \$700 to \$1,500 per ear. This benefit has a limitation of once every 5 years and the allowance is subject to the deductible. For specific benefit information and to confirm that your plan provides hearing aid benefits, please consult your Schedule of Benefits or call the Fund Office.