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Local No. 22

• PHILADELPHIA FIRE FIGHTERS' UNION, I.A.F.F. •

Health Program

September 29, 2017

Dear Health Plan Member,

We invite you and your family to join us for our 2017 Health & Wellness Fair

When: Saturday, November 4th
9:00 a.m. – 1:00 p.m.
Where: Fire Academy

Here are a few of the activities we have planned:

- ✓ Flu vaccine for members and dependents 18 and older * *
- ✓ Blood pressure reading
- ✓ Muscle Tension Screenings
- ✓ Boot camp for adults (12:00 noon)**
- ✓ 5k walk/run on the Academy training ground **
<https://runsignup.com/Race/PA/Philadelphia/Local22HealthFairFunRun>
- ✓ Come meet our Peer Fitness Trainers
- ✓ Come meet our team from Guardian Nurses
- ✓ Speak with a representative from Temple University Health System about sleep apnea:
 - What it is
 - How it's treated
 - How to correctly use a CPAP machine
 - **Complete a survey about the possibility you have sleep apnea****
- ✓ Speak with a representative from Aria-Jefferson about:
 - Diabetes prevention
 - Stroke prevention
 - Lung cancer screenings
- ✓ Speak with an attorney about the importance of a living will
 - follow up and complete a Living Will through Met Life/Hyatt Legal Services **(free)****
- ✓ Mini boot camp for kids (at 11:00 a.m. – with free T-shirts for participating!)
- ✓ Moonbounce for kids
- ✓ Olly "the Insect Man" McDonagh
- ✓ Lunch

** incentive activity

As you know, we are currently in contract negotiations with the City. Until the contract is settled we will not be announcing the FY18 wellness incentive activities. ***BUT***, we can confirm that **any member and/or spouse who completes 2 activities above that are designated as an “incentive activity” will be eligible for the \$200 member and \$100 spouse payment.**

And don't forget that November is Open Enrollment month. So if you have any questions about which medical or dental plan is right for you and your family, Health Plan representatives will be available to answer your questions.

We hope to see you on November 4th. As always, if you have any questions, please don't hesitate to contact the Plan office at 215-440-4421/4422.