



Dear Participant:

The Sprinkler Fitters Local Union 483 & 669 and the NASI Welfare Fund have partnered with Health Gauge to provide healthcare screenings at NO COST TO YOU.

**Who is eligible to participate?**

All eligible NASI Welfare Fund Participants, eligible spouses and dependents (18 years of age and older), and eligible NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare).

**Dates and Location.**

Monday, June 3 <sup>rd</sup> , 2024	12:00 PM – 7:00 PM	Sprinkler Fitters 483 Union Hall	2525 Barrington Ct Hayward, CA 94545
Tuesday, June 4 <sup>th</sup> , 2024	12:00 PM – 7:00 PM	Sprinkler Fitters 483 Union Hall	2525 Barrington Cr Hayward, CA 94545

**How do I participate?**

**Step 1:** Call Toll Free 515-244-3080 to schedule your health screening appointment. **8am-5pm CST**

Or schedule online at <https://NASI.hgscreenings.com>

**Step 2:** Attend your onsite health screening at the scheduled time.

**IMPORTANT: Fasting is NOT required.**

**Step 3:** Ultrasound Results will be provided the day of the event.

Bloodwork and Biometric Reporting will be available within 10-14 business days.

**What should I expect the day of the screening?**

Screenings will be completed in under an hour. When you arrive at the screening, you will be greeted by a Health Gauge staff member. The staff member will check you in. The confidential health screening will include biometrics, such as height, weight, waist and hip measurements, resting pulse, and blood pressure. Non-invasive ultrasound screenings will be performed to identify blockages in the neck, abdomen, and legs. These blockages can lead to stroke and various cardiovascular conditions that can be life threatening and debilitating if left undetected and untreated. Additionally, a comprehensive blood draw will be completed.

These tests are not meant to replace your Primary Care Physician, but are meant to improve communication with your Physician at your next appointment.

The Fund Office sincerely hopes the program will provide convenient access that will allow you to take advantage of this benefit.

Please refer to the attached informational flyer to obtain more details or simply contact Health Gauge at (515) 244-3080 for additional information.

Sincerely,  
Board of Trustees



# YOUR HEALTH IS OUR PRIORITY

**FASTING IS OPTIONAL NOT REQUIRED!**

## ULTRASOUND

### **Carotid Artery**

Visualizes the buildup of fatty blockage in the carotid arteries. This condition causes the majority of strokes.

### **Peripheral Artery Disease (ABI)**

Checks for blockages in the legs. Abnormal results indicate high risk of coronary artery disease and peripheral arterial disease

### **Abdominal Aortic Aneurysm (AAA)**

Visualizes the existence of an aneurysm in the abdominal aorta, that can rupture and be fatal.

## BLOODWORK

### **Biometric Screening and Bloodwork**

Height/Weight

Waist circumference

Body Mass Index (BMI)

Blood pressure

Lipid Panel with glucose

Full Chemistry Panel - Provides high level evaluation of the body's major organ functions

Hemoglobin A1c - Average blood sugar (glucose) last 3 months

Prostate Specific Antigen (PSA) Men

Thyroid Stimulating Hormone (TSH) Women

To make an appointment (required):

Call 515-244-3080 or visit:

<https://NASI.hgscreenings.com/>



# SPRINKLER FITTERS 483 & 669 HEALTH CARE PLAN HOSTS SCREENING TO DETECT YOUR RISK FOR STROKE AT NO COST!!

PLAN PARTICIPANTS, SPOUSES, & RETIREES screen for FREE!!  
(including all eligible NASI Welfare Fund retirees and beneficiaries (both pre-Medicare and Medicare))

Provided by  HEALTH GAUGE

**Sprinkler Fitters 483 Union Hall**  
**2525 Barrington Ct, Hayward, CA 94545**  
**Monday, June 3<sup>rd</sup>, 12:00 PM to 7:00 PM**  
**Tuesday, June 4<sup>th</sup>, 12:00 PM to 7:00 PM**

Carla Gruetzmacher Administrative Manager I.B.E.W 292

"I am simply amazed by this service. I participated in a simple 10-minute ultrasound to find out if I had risk of stroke. In that 10 minute I not only found out I had no risk of stroke, **BUT I was made aware of what turned out to be thyroid cancer.** This service explains what they are seeing with your ultrasound as they are performing the test. So, as the technician was scanning me, he explained that I **had a small thyroid cyst that was very low risk,** but that I should consult my doctor and let him decide next steps. I am so lucky I did! My doctor stated that **without this ultrasound there would have been no way to detect such a small cyst, and finding cancerous cysts early is the key.** My treatment was easy, and there was no need for any chemo or radiation. **Please give an hour of your time, even if you do not think you have risk of stroke, it very well may save your life.**

*To make an appointment (required):*

*Call 515-244-3080 or visit:*

**<https://NASI.hgscreenings.com/>**

*See reverse for a description of the screenings offered!*



ULTRASOUND OF  
ARTERIES & VESSELS



BLOOD DRAW



BIOMETRICS



COMPREHENSIVE  
HEALTH ASSESSMENT

TO SCHEDULE, CALL 515-244-3080 OR GO ONLINE TO **<https://NASI.hgscreenings.com/>**