



CONSTRUCTION INDUSTRY LABORERS FRINGE BENEFIT FUNDS

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Dear Participant:

The Fund Office is pleased to announce the annual Local 264 Health Fair with Health Gauge to provide healthcare screenings at NO COST TO YOU. Refer to the enclosed flyer to see the list of potentially life-saving screenings available to you and other eligible participants at our upcoming on-site health fair.

WHO IS ELIGIBLE TO PARTICIPATE:

- Members
- Dependents 18 years of age and older.

MARK YOUR CALENDAR AND SCHEDULE YOUR APPOINTMENT:



Saturday, September 26, 2026

7:00am – 12:00pm

CIL Local 264 Union Hall

1101 E 87th St, Kansas City, MO 64131

Appointments are required. Your screenings will be completed in under an hour.

To schedule your appointment, call toll free (515) 244-3080 or go online to <https://cilmo.timetap.com/>

WHAT TO EXPECT:

When you arrive at your appointment, you will be greeted and checked in by a Health Gauge staff member. Your confidential health screenings will include:

- Biometrics, such as resting pulse and blood pressure.
- Non-invasive ultrasound screenings to identify the amount of blood vessel blockage in the neck, abdomen, and legs, which correlates to risk of stroke and other cardiovascular conditions.
- A comprehensive blood draw that informs you of diabetes risk, evaluates the body's major organ functions, and provides a full cholesterol profile.

Refer to the enclosed flyer for a more detailed list of FREE screenings available to you during your appointment. Contact Health Gauge at (515) 244-3080 if you would like additional information regarding these screenings.

Your ultrasound results will be reviewed with you during your appointment. Bloodwork and biometric reporting will become available via a secure online portal within 10-14 business days.

These tests are not meant to replace your Primary Care Physician, rather 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.



FREE HEALTH SCREENING EVENT

MEMBERS AND DEPENDENTS 18+ SCREEN FREE!

HEALTH PERK!

Total Testosterone is NOW included
at the screening events



**JEFF WATSON, BUSINESS MANAGER - CIL
LOCAL 840 ROLLA, MO**

"We have hosted Health Gauge for the last couple of years and they are great. Our members are able to come to the local hall for a quick but extremely comprehensive exam. Its remarkable that they do several ultrasounds, draw everyone's blood and do a full review of findings all in under 45 minutes. The blood tests provided are a lot more than we receive at our annual physicals. I want all our members to make sure to participate in this free screening moving forward. I'm sure if we screen all our membership we could stop at least one member from having a medical condition that they were unaware of."



SCHEDULE YOUR APPOINTMENT (REQUIRED)

Health Gauge (515) 244-3080

Go to <https://cilmo.timetap.com>

Scan the QR code

*See reverse for list
of screenings offered*

HEALTH SCREENINGS

FASTING IS **OPTIONAL**, NOT REQUIRED

Carotid Artery

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

Peripheral Artery Disease (ABI)

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

Abdominal Aortic Aneurysm (AAA)

Visualizes the existence of an aneurysm in the abdominal aorta, which could rupture and be fatal.

Biometrics & Blood Tests

Full Chemistry Panel with Glucose

Lipid Panel Hemoglobin A1c

Complete Blood Count w/ Platelets

Prostate Specific Antigen Test (PSA) - Men

Thyroid Stimulating Hormone (TSH) - Women

Total Testosterone - Men

Blood Pressure/Pulse

Height/Weight

Body Mass Index



Scan Me



*****VACCINES WILL ALSO BE AVAILABLE*****

SCHEDULE YOUR APPOINTMENT (REQUIRED)



DAY OF EVENT

- You will be **greeted** by our staff and asked to sign a consent form. We are **happy to answer** any questions you have about the process.
- You will be guided to each screening station and will receive an **explanation of screenings** and results as you go through the event.
- All **ultrasound screening** results will be provided to you at the event.



POST-EVENT

- Results from **all screenings** will be available in our secure online portal in 10-14 business days.
- Participants who were identified with health risks are supported with **follow-up** options.

VACCINE OPTIONS

PROTECT YOUR HEALTH

Stay up to date. Stay protected.

 FLU	 COVID	 PNEUMONIA
 RSV	 SHINGLES	 TDAP

 **PROTECT YOURSELF. PROTECT OTHERS.**



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Greetings Plan Participant,

The Construction Industry Laborers Welfare Fund is proud to offer a wellness program through Health Gauge at no cost to you. A Health Risk Assessment is a valuable part of this process and we would like to notify you of your ability to fill this out prior to attending the wellness event at your scheduled time. This will help to expedite your visit.

The Health Risk Assessment is a simple and quick 10-minute survey that assesses your health risks in a variety of areas. Based on your responses, we are able to personalize a Health Enhancement Report and offer you a plan for a healthier life. By participating in this Health Risk Assessment, you will have access to online educational videos, behavioral modification tools, a wellness activity tracker, and a monthly wellness newsletter.

The Health Risk Assessment will be available online through September 27th, 2026, for your convenience. Please visit the link below to start your journey to a healthier you.

<https://tinyurl.com/Local264HRA>



After you complete your Health Risk Assessment, your health screening results will be uploaded and matched with your responses to create your personalized Health Improvement Report. Once both the screening result and Health Risk Assessment are uploaded, you will be able to log into the website to review your assessment.

Thank you for your time and participation!