



IBEW LOCAL 343 UNION NEWSLETTER 3RD QUARTER

*NEW LOOK * NEW LOOK * NEW LOOK *

Business Manager Report

by Chad Katzung

As you all know we had to have another increase in the health insurance premiums at our last wage allocation. The trustees are always looking for ways to reduce cost to the plan and to keep our premiums as low as possible. The trustees for the plan firmly believe that "good health is a great gift" - and one of the best benefits we can provide for our members. With that in mind, please take a moment to learn about our newest health benefit. I'll touch on it lightly but check out pages 9 and 10 for more details.

If you have ever been kept awake worrying about your health - or the health of your spouse? Perhaps it was because you haven't been feeling well. Maybe it was a close family member - Mom or Dad, Brother or Sister - struggling with their health and you wondered if the same issues might also impact you someday soon.

Listening to concerns from our members and seeing the continual rise of health care costs, we sought out the most effective strategy for keeping our members healthy and minimizing the cost of care going forward. The best strategy available turned out to be the prevention and early detection of medical conditions that may be arising and not yet producing noticeable symptoms. The most common factors that lead to serious medical conditions can now be identified efficiently (at no cost to you!) through our new benefit program and then addressed/treated by you and your physician.

To support your health as one of our valued members, we have decided to launch this proven preventive care program starting August 1st, 2018. Health Dynamics provides an 84-point health exam - described by many as the most thorough exam of their lives- in order to develop a truly comprehensive profile of your health. Then, based on your unique health profile, they craft a custom health-improvement plan. All with no out of pocket expense to you. Early detection of a medical condition is key to lowering overall cost to the plan. So please make use of this new benefit for you.

Check out pages 9 and 10 for more details or feel free to call Health Dynamics with any questions. In solidarity

Chad Katzung



In This Issue:

Business Mangers Report - pg 1
 Owatonna/Mankato Rep Report -pg 2
 Condolences/Pensions - pg 2
 Organizing Department Report -pg 3
 Contact Information - pg 3
 Compliance Officer Report - pg 4
 Rochester Rep Report - pg 4
 Upcoming Work - pg 5
 SCMNJATC Newsletter/Continuing Ed Classes - pg 6
 Political Coordinator Report - pg 7
 Sparky Opener Results/Pictures - pg 7
 Introducing Our New JATC Administrator - pg 8
 Women's Conference Thank You/Picture - pg 8
 Health Dynamics Preventive Care Program - pg 9/10
 Summer Picnic Invitation - Insert

Dates to Remember:

7/01/18: 3rd Quarter Union Dues DUE
 7/04/18: LU 343 Offices CLOSED (Independence Day)
 7/12/18: Union Meeting/ New Member Swear-In, Eagle's Club, Owatonna, MN
 8/01/18: RSVP Deadline for Summer Picnic
 8/09/18: Union Meeting/New Member Swear-In, Eagle's Club, Owatonna, MN
 8/11/18: Summer Picnic - Oakwoods Trail Campground, Austin, MN
 9/03/18: LU 343 Offices CLOSED (Labor Day)
 9/13/18: Union Meeting/New Member Swear-In, Local 343 Union Hall, Rochester, MN
 10/1/18: 4th Quarter Union Dues DUE

Owatonna / Mankato & Western Minnesota Areas:

by Shane Meier

Owatonna Area: The County Garages 2nd phase recently bid, and Russ Nelson was the apparent low on this project, in the Waseca Area Schammel Electric is working on the school project and Muska Electric has some secured school entrance work coming up this summer. In the Mankato Area work is going strong calls will continue to keep coming in for various projects around the area: FPD Power Plant, Egan at Blue Earth Gov't Center, Parsons Mankato Hospital, Hunt is working on some solar in this area as well. We are still waiting to hear on the 7-story project in Downtown.

St. Peter has 3 projects going on that will have some calls coming in shortly: Gustavus Clinical Science Project with Egan; the State Hospital Project with

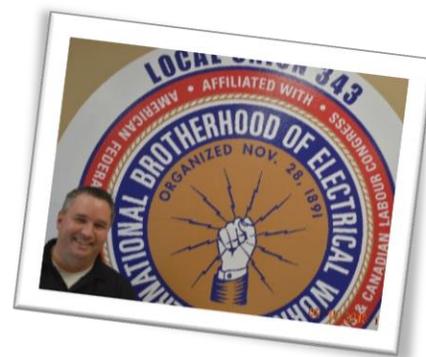
Master Electric; and the Rivers Edge Hospital Project with BLK Electric.

Fairmont Area: Dewar is working on a retrofit project within the school district and various projects around town.

The new hall in Mankato is coming along nicely if you are in the area stop by & check it out, we just had our first retirees luncheon on June 6th and will be having more quarterly so watch your mailbox. The last 2 months have been very busy with prevailing wage surveys being due and trying to get the Limited Energy Negotiations wrapped up, hopefully we will be having a vote on this contract soon. Look forward to seeing everyone at the Picnic in Austin on August 11th.

In Solidarity,

Shane Meier



MANKATO RETIREES CLUB LUNCHEON



June 6th Retirees Luncheon held at the Mankato Hall – 10 Retirees attended



Condolences:

by Colleen Marks

Joseph F. Jirasek of Willmar, MN, passed away April 4, 2018. Joseph had been a member since June 1972

Charles F. Harty of Albert Lea, MN, passed away May 1, 2018. Charles had been a member since June 1966

Daniel C. Solberg of St. Paul, MN, passed away May 6, 2018. Dan had been a member since November 1999

Pensions:

by Colleen Marks

Donald R. Ackland (Austin) Member since 9/12/1991 – Retired 3/21/2018

Randy G. Waltz (Albert Lea) Member since 10/3/1996 – Retired 4/16/2018

Douglas D. Ebeling (Owatonna) Member since 10/6/1977 – Retired 4/30/2018

Wesley J. Urevig (Pine Island) Member since 9/19/1977 – Retired 5/5/2018

Thomas B. Evenson (Albert Lea) Member since 12/26/1989 – Retired 6/30/2018

Christopher T. Youngs (Spring Valley) Member since 12/9/1999 – Retired 6/30/2018



A WORD FROM OUR ORGANIZER



Organizing Department Report

by Andy Kuisle

First and foremost, I would like to congratulate the 3 new shops that have opened their doors and become signatory with local 343. Three separate members have decided to open three separate shops in various locations in our jurisdiction since the last newsletter. All three shops will be focused on doing small commercial, residential, Ag, service and solar work throughout our jurisdiction. If you should happen to see the owners of Volt Electric, Demand Electric, or Kunz Electric, please thank them for remembering that the IBEW is where to hire the most productive, qualified and safety driven electricians.

Since the last newsletter, we have had many top down and bottom up contacts with nonunion workers and their employers, several nonunion shops have showed a huge interest in our system as manpower in the area nonunion hiring circles becomes scarce. As 2018 continues, there is still a lot of work to be bid, and upcoming projects that have yet to start. As this work becomes secured by the Union contractors, we need to be sure these jobs are met with the appropriate number of workers. As calls are starting to go unfilled for a short time, we need to make sure that there is a qualified electrician there to do the work that is asked of us. I would expect that many of you will run into nonunion apprentices and journeymen that you know or have been acquainted with before at various social functions. I hope that if the talk turns to work, that you take the opportunity to explain that you are a proud Union member, and why you see the benefits of being a Union Electrician. In-order for the non-union to make a decision to join/not join the union, they must first be informed by real facts and not the garbage that we see or hear in the media about Unions. As all of us are organizers for this Local; when asked the question, "What can Local 343 do for me?" What would you say? What is the one defining thing about this Local that separates us from the open or non-signatory shops?

Security

- The security of a fair wage and benefit package at the end of a long work week.
- The security of legal-council in the event of discrimination or mistreatment.
- The security of a collective bargaining agreement to dictate wages and working conditions.
- The security of enforcement of the collective bargaining agreement.
- To the contractors, the security of a workforce that can expand and contract as conditions dictate.
- To the contractors, the security of a confident bid because of well trained, drug free, safety-conscious and dependable workers.

Brothers and Sisters, work safe, and enjoy your summer.

Andy Kuisle



**Wilson-McShane Corp (formerly
Sturm & Associates)**
(800) 535-6373



Contact Us:

Chad Katzung, Business Manager 507-251-6009
 Steve Cardell, Eastern Rep 507-208-8016
 Shane Meier, Western Rep 507-995-4880
 Andy Kuisle, Organizer 507-951-5456
 Jim Backus, Compliance Officer 507-951-8267
 Bonnie Hinkle, Pensions/Financials 507-282-7081 ext 112
 Brooke Bly, Administrative Assistant 507-282-7081 ext 117
 Colleen Marks, Membership/Referral 507-282-7081 ext 222

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 Andy Toft, JATC Training Director 507-529-7721  
 Rebecca Bellefy, Apprentice Administrator 507-289-7189

# Rochester Rep Report

by Steve Cardell



Hello, Brothers and Sisters, hope all is well and those who want to work are. The work has really picked up in the last month as you all know if you check the recorder. Still being told work picture is good through 2019, hope that stays true. Schools are ramped up now and we have put out a few travelers, thanks to them for helping in times of need. I have mentioned the Prairie Island Nuclear plant outage this September, word has got out about the outage, so I think we will be seeing more travelers coming in to sign the book. I always touch on politics lightly and am going to reiterate the importance of this falls Governor's race, it only takes a couple minutes to vote and the impact of it is huge. Be sure and attend this year's picnic in Austin, the campground is amazing, and the committee will do an excellent job as always. This is a great event to meet new people and enjoy the food and festivities! I want to thank the members who reach out to me with questions and concerns, keep the communication open as it helps greatly when solving problems. To be notified early keeps a mole hill from turning into a mountain. As always pay your dues and open your mail!! Hope to see you all at monthly meetings and upcoming events.  
In Solidarity, Steve Cardell Local 343.

# Compliance Officer Report

by Jim Backus

Brothers and Sisters!!

Welcome Summer 2018! With so called "Spring" being short, or non-existent, summer has arrived very quickly. With that, prevailing wage jobs have been popping up all over the Local 343 area. The jobs being done by non-signatory contractors are being monitored. There are numerous in both the Rochester and Mankato areas. The certified payroll sheets are checked not only so the employee is being paid correctly but also so the employee is being classified properly. I have been working closely with the Fair Contracting Foundation (FCF) on these jobs.

I have been working a case where two electrical contractors have apparently been sharing employees on various job sites. This case has been time consuming and involved not only our office but another local. The "sharing" of electricians between contractors is illegal in the State of Minnesota. Minnesota Statute 326B.33 specifically discusses licensing related to electricians. Subd 17 indicates that, "an individual may be the responsible licensed

assistance, they must subcontract to contractor B. Contractor B must be within the appropriate ratio and all the electricians must be a W-2 employee of contractor B. Contractor B's electricians must be supervised by only contractor B employees. The "mixing" of electricians between contractors A & B is strictly prohibited. The case is being finished with information ultimately to be filed with the Minnesota Department of Labor and Industry.

If anyone knows of any contractors in violation of this statute, or any others, please contact me at [jimb@ibewlocal343.org](mailto:jimb@ibewlocal343.org) or at 507-951-8267. I hope to see everyone at the picnic on August 11!!!!

In Solidarity,  
Jim Backus



Welcome New Members!  
April, May, June Swear-In



## Upcoming Work

### Rochester area

6th St. ramp Egan/ waiting for plans on upper stories  
 Broadway at Center - Hunt  
 New Horizon Day Care - Hunt  
 Legacy 2 Planning  
 Valleyhigh Senior Apartments - Planning  
 Byron Community Rec Complex- JB Holland Construction Inc.  
 General. Not started yet.  
 Veteran's Memorial Museum - Planning  
 Heart of the City/Peace Plaza Redevelopment  
 Historic Chateau Theater Renovation - Planning  
 2nd street housing - Adair  
 Altra Federal CU on 55th/19<sup>th</sup> - Kish & Sons  
 Titan Opus – Collins Electric  
 Rpu expansion/remodel - Ryan Electric  
 Saint Marys has released a lot of work most going to Egan  
 Strip mall on south Broadway - Muska Electric  
 Think Bank renovation  
 Rochester International Airport - NEO Electric  
 Hayfield school - Albert Lea Electric  
 Byron school - Paape Energy  
 Kasson waste water improvements DN Tanks General no word  
 on Electrical  
 Kerry Food New Skids - NEI

### Austin

Austin Community center - Planning  
 Well House improvements  
 Hormel chiller project - Egan  
 Airport upgrades  
 Old Target store remodel - Winkles Electric  
 Austin Utilities City Hall-Remodel - Planning

### Albert Lea

Freeborn Wind Energy Project - Planning 200-Megawatt farm  
 - on hold  
 Walmart remodel - Muska Electric  
 Mayo Hospital - Albert Lea Electric/Hunt Electric  
 Municipal airport Bids 7/11/16 - All IBEW bidders  
 Fire Station - Planning

### Claremont

Al-Corn Ethanol Plant Expansion- Non-Union Cole's Electric &  
 Interstates

### Red Wing

Holiday Inn Express - Accord Electric  
 Fire/Police/EMS Station - Egan Co.  
 High school and Sunnyside upgrades - Peoples Electric &  
 Paape Energy  
 Lake City School - McMartin  
 National Eagle center expansion Wabasha Funding getting  
 closer

### Winona Area

YMCA waiting on funding  
 LaCrescent community center  
 East 3rd street apts  
 Library entry expansion  
 Apartment by Fleet farm - Kish & Sons  
 Wabasha Hall remodel 3 buildings - Egan Co. & Kish & Sons  
 Houston WWTF Bid 6/21/18 no word yet.  
 WSU mall projects - Kish & Bauer

### Owatonna

County Garages- Russ Nelson Electric  
 Viracon Projects- Nietz Electric  
 Lincoln School- McMartin Electric  
 CDI- Muska Electric  
 Wilson School Remodel- Non-Union  
 Apartments/Hotel Downtown- Non-Union

### Waseca

School Remodel- Schammel Electric  
 School Entry/Security- Muska Electric

### Mankato

Street/Highway Projects – River City Electric/MN Signal  
 Woodside Apartments Phase 5- Being Discussed (Muska  
 Electric)  
 Southern Company Admin Building- BLK Electric  
 Still Working on Solar Projects in Southern Minnesota  
 Hospital Projects – Master & BLK Electric  
 Hospital Expansion Project- Parsons Electric  
 Johnson Outdoors- Javens  
 Car Dealerships- Javens  
 Blue Star- Waiting to hear on  
 7 Story Downtown- Waiting to hear on  
St. Peter/Le Sueur

State Hospital Project- Master- Mobilizing on site now  
 Cambria -Waiting on

School Project- Javens Electric (Non IBEW)  
 Gustavous College Clinical Science Building- Egan Companies  
 River's Edge Hospital- BLK Electric

### New Ulm

Kraft Foods - Parsons Electric/More jobs coming up for bid in  
 spring of '18

3m - Hunt Electric

School Remodel- Master Electric

### Fairmont

Ethanol Plant Work – Dewar Electric  
 Student Housing - Dewar Electric  
 Lighting Retrofit Project Schools-Dewar Electric  
 Tractor Supply Project- Waiting to hear on  
 Mcdonald's Project- Dewar Electric

### Marshall

Red Pine Wind Farm- IEA For Tower wiring Non-Union

### Renville/Olivia

Solar Projects being talked about

### Windom

Hospital Expansion-Electric Supply Company (Union)

## JULY 2018 SCMJATC NEWSLETTER

**CONGRATULATIONS** to our newest graduates that have completed their Electrical Apprenticeship: **MORGAN STARK, JOE KREMER, RYAN LAGANIERE, JOHN PRUDOEHL, DUSTIN HEBEL, MARK HUBBARD, ERIC KLASSEN, JOHN REED, AARON SORENSEN & MARK RIEMANN**

### 2017 NEC CLASSES

**IBEW LOCAL 343 MEMBERS—NO COST, other IBEW UNION MEMBERS--\$25 UNION MEMBERS OTHER THAN WITH THE IBEW--\$50, NON-UNION MEMBERS--\$200.00 FOR A 16 HOUR CLASS, 2017 Code Books are available for \$75 (softcover) \$80 (spiralbound).**

**SATURDAY is an 8 HOUR CLASS** good for ceu's in, MN-(8 Code), WI-(8 Code),(IOWA-(9 Code) 9 hr class)

**SUNDAY is an 8 HOUR CLASS** good for ceu's in, MN-(8 Code), WI-(8 Code), (IOWA-(9 Code) 9 hr class)

**No partial credit of classes is granted, you must attend the entire approved class to receive credit.**

**THESE CODE CLASSES ARE GOOD FOR 16 HOURS IN MN, ND, WI & IA(18)**

**ALL WEEKEND CLASSES RUN 8AM TO 5PM, CALL 507-529-7721 TO REGISTER**

#### THESE CLASSES START AT 8AM

|                   |               |                                                              |
|-------------------|---------------|--------------------------------------------------------------|
| <b>WINONA</b>     | <b>WHEN:</b>  | <b>JULY 7 &amp; 8, 2018,-Instructor-- CARI HELBERG</b>       |
|                   | <b>WHERE:</b> | <b>RIVERPORT INN, 900 Bruski Drive, Winona</b>               |
| <b>OWATONNA</b>   | <b>WHEN:</b>  | <b>AUGUST 25 &amp; 26, 2018,-Instructor—CARI HELBERG</b>     |
|                   | <b>WHERE:</b> | <b>HY VEE, 1620 South Cedar Ave, Owatonna</b>                |
| <b>ROCHESTER</b>  | <b>WHEN:</b>  | <b>SEPTEMBER 23-24, 2018,Inst,MARK SPARK/DAVE HYRKAS</b>     |
|                   | <b>WHERE:</b> | <b>IBEW LOCAL 343 HALL 9-80<sup>TH</sup> ST SE</b>           |
| <b>ALBERT LEA</b> | <b>WHEN:</b>  | <b>OCTOBER 20-21, 2018,-Instructor SCOTT HIGGINS</b>         |
|                   | <b>WHERE:</b> | <b>ALBERT LEA UNION CENTER , 1407 Hwy 13 North</b>           |
| <b>RED WING</b>   | <b>WHEN:</b>  | <b>NOVEMBER 10 &amp; 11, 2018,-Instructor-- CARI HELBERG</b> |
|                   | <b>WHERE:</b> | <b>SUPER 8, 232 Withers Harbor Drive, Red Wing</b>           |
| <b>MANKATO</b>    | <b>WHEN:</b>  | <b>DECEMBER 8 &amp; 9, 2018-Instructor-- CARI HELBERG</b>    |
|                   | <b>WHERE:</b> | <b>IBEW LOCAL 343, 816 South Bend Ave</b>                    |

#### NFPA 70-E ELECTRICAL SAFE WORK PRACTICES CLASS 4 HOURS

The First rule in working safely with electrical equipment is to DEENERGIZE. If you have to work on energized circuits, you need to work safely. This class will cover the OSHA requirements for Personal Protection Equipment and tools when it comes to working on energized circuits. You will receive a 70E card after this 4 hour class

**ROCHESTER: WHEN: TBD, 2018, WEDNESDAY, 5:00 TO 9:00PM**

**WHERE: IBEW LOCAL 343 HALL, 9-80<sup>TH</sup> ST SE, Rochester**

**FREE 2017 NATIONAL ELECTRICAL CODE BOOKS FOR CLASS ATTENDANCE**

#### OSHA 10/30 HOUR CERTIFICATION (OSHA 10 is a 3 NIGHT CLASS)

More customers and jobs are requiring that the employees have the OSHA 10 hour Safety Training card to work on the job. Here is your chance to get yours. At present the OSHA 10 cards are good for life, however there are some customers that will require the OSHA class be taken with in the last 3 years. The first 3 nights will qualify for the OSHA 10 card and an additional 6 nights for the OSHA 30 card.

**ROCHESTER WHEN: SEPT. 4-5-6, 2018 2018, TUE, WED, THUR, 5PM-9PM**

**OSHA 30 TBD with interest**

**Instructors, Mike Gillard & Mike Bambrick**

**WHERE: IBEW LOCAL 343 HALL 9-80<sup>TH</sup> ST SE, Rochester**

**APPRENTICE APPLICATIONS:** Applications can be completed at the JATC office in Rochester (1-507-529-7721) or printed off from; [www.IBEWLOCAL343.ORG](http://www.IBEWLOCAL343.ORG) PLEASE CALL TO SIGN UP FOR CLASSES-507-529-7721, Andy

# Please Help Stop Minnesota from becoming a “Right to Work” State, The IBEW MN State Council and IBEW Local 343 have endorsed:

## Tim Walz for Governor & Peggy Flanagan for Lt Governor

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

For the Primary, early voting starts June 29<sup>th</sup>. Actual Primary Election August 14<sup>th</sup>

by Greg Graif, Political Coordinator

Brothers and Sisters,

Primary Election season is now in full mode. I know its summer and we’re all busy, but if we want to keep Minnesota from being a “Right to Work” state, then we must take the time to vote. The IBEW and many polls have determined that Tim Walz has the best chance to win in the General Election, but first he must win the primary, which will be close. A large percentage of people don’t vote in primaries so if all our members vote, we can have a huge impact. We must elect people who care about our issues as a union. Our ability to negotiate good wages & benefits is tied to politics whether we like it or not.

In Minnesota we can now vote early by mail or in person from June 29<sup>th</sup> through August 13<sup>th</sup> for the Primary. Actual Primary Election date is August 14<sup>th</sup>.

There are two ways to vote early. You can request your absentee ballot by going to the MN Secretary of State web site at [www.sos.state.mn.us](http://www.sos.state.mn.us). Click on the ‘Elections and Voting’ tab and then click on ‘Absentee Voting’, you can fill out the application online or you can download the application and send it back by mail, fax or scan and email it. Once your application has been received and processed by the Secretary of State you will receive your ballot in the mail. Be sure to have someone sign your ballot, as your ‘witness’ before you put it back in the mail. The other way to vote absentee is by going to your County Election office and do it all in one step. I’ve voted this way the last three elections and you’re basically done in 5-10 minutes. No lines to wait in! This way you can get it done early and not have to worry about being

busy or out of town on Election Day. Also, once you vote and you get one of those annoying calls about who you are voting for, you can say that you have already voted! The calls will then stop.

I know you’ve all heard this before, but I can’t stress it enough how important this election is in keeping Minnesota from becoming a “Right to Work” State. The endorsed Candidates are a recommendation. Remember, how you vote is up to you.



If you have any questions, please give me a call or send me an email.  
Thank You!  
Greg Graif, IBEW Local 343 Political Coordinator  
[greg@ibewlocal343.org](mailto:greg@ibewlocal343.org) 507-995-2800

### 6/9/18 - SPARKY FISHING OPENER RESULTS



The Sparky Opener was a wet one, but we still had a good time! Thanks to all who came out.

- The winners were:
- Dan Simmons: Biggest Northern
  - Mitch Hoffman: Biggest Walleye & Catfish
  - Lance Hoffman: Biggest Crappie
  - John Saterdalen: Biggest Bass
- We’d like to thank all our sponsors:
- IBEW 343 (for feeding us),
  - Graybar, Viking Electric,
  - Premier/Foster, Dakota State, Border States, and Warner

Thanks again to everyone!  
– John Powrie – Chris Hallett



# Rebecca Bellefy - SCMNJATC Administrator

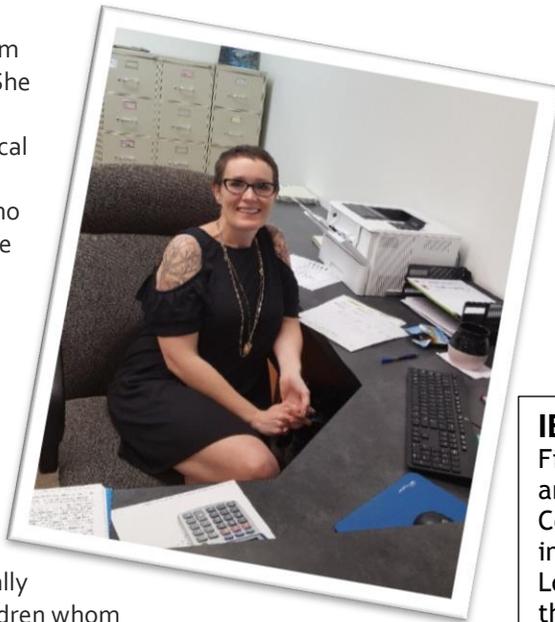
We would like to extend a warm welcome to Rebecca Bellefy! She has taken over the reins as the new South-Central MN Electrical JATC Administrator. She replaces Denae Simmonds, who used to serve us from the office in St. Louis Park, MN.

Rebecca's office is now here, in the same building as the Training Center...right next to the teachers' offices, and it's already proving to be quite beneficial.

Rebecca and her husband live in Rochester, but she is originally from the Cities. She has 5 children whom she adores and is very hands-on. She is a self-proclaimed extrovert that is full of life, and she has a passion for helping people!

Rebecca's hours will be Monday – Friday 8 a.m. – 4 p.m., and she can be reached at 507-289-7187 or [rbellefy@scmnjatc.or](mailto:rbellefy@scmnjatc.or)

She is excited to be here, and we are equally excited to have her! WELCOME ABOARD, REBECCA!



## IBEW Women's Conference

First, we would like to thank all our brothers and sisters for sending us to the IBEW Women's Conference in St. Paul. We received so much information and learned a lot. We heard from Lonnie Stephenson and Kenneth Cooper to start the conference off. We learned about the different types of communication and how to overcome the differences. We learned that by having a women's committee, we can support each other and help make our local stronger. We learned about the code of excellence and how to maintain a higher standard in the workplace. We learned about some of the political and legal struggles unions are facing right now and how we can show our support for our union. To end the conference, we heard from Amy Klobachar and how she wants to keep unions strong in Minnesota. Once again thank you for giving us this opportunity to learn how to be better union members and workers.

*Nikki Heather, Mikayla Thornton-Paulson, and Sarah Koehler*





Optimizing your health starts by knowing where you stand *today*. At Health Dynamics, we make it easy with our HD Comprehensive Preventive Care Exam. Since we started providing this service in 1984, most participants have told us that our program provides the most thorough, detailed exam they've had in their lifetime. In fact, many have thanked us for saving their life – or the life of their spouse.

Here's what we provide – *all at no cost to you, guaranteed!*

Our 84-point annual health examination at one of our specially trained provider sites includes the following components:

- Comprehensive Health History Questionnaire
- Physician-directed Physical Exam
- 43-point Blood Chemistry Analysis
- 16-point Urine Analysis
- Blood Pressure Measurements (resting & active)
- Electrocardiogram (resting EKG)
- Cardiovascular Fitness Test
- Pap Smear and Screening (women - optional and by request)
- Prostate Cancer Screening (men, per ACS guidelines)
- Strength and Flexibility Assessment
- Measurement of Height, Weight and Body Fat Percentage
- Pulmonary Function Test (lung capacity)
- Analysis of Diet
- Depression and Stress Screening
- Personal Health Report and Risk Profile
- Personalized Results Review and Coaching Session

To participate in our Comprehensive exam, members simply **call Health Dynamics at 414-443-0200 Ext. 0** to find the best location for you and to have any questions about the program answered. We will provide a phone number for the selected location and you set up the appointment directly with them.

As an alternative, you may go to [www.healthdynamics.com/locations99](http://www.healthdynamics.com/locations99) to find a suitable provider location and contact them directly. **\*\*Please be sure to inform them that you would like to schedule a Health Dynamics exam, so they schedule appropriately.**

Once scheduled, you will receive a packet with exam preparation instructions and our Health History Questionnaire. After completion of the comprehensive exam, you will receive either face-to-face or telephonic review of your exam results and expert guidance for any suggested improvements or recommended follow-up care.



**Do it for yourself or do it for your family. They're counting on you being healthy!**

**Call Health Dynamics at 414-443-0200 Ext. 0**

**Please note:** 1) All answers to the questionnaire and exam results are kept confidential. Your health fund does not want to know your private health information, they simply want to be sure you know your health status – to help you catch health conditions that may be arising, early. 2) Health Dynamics does not prescribe medications or treat any conditions identified during the preventive care exam. All follow-up care will be provided by the doctor of your choice, based on your health plan's medical coverage rules. Deductibles or co-pays may apply to any follow-up care you receive with your own doctor.

**GROUNDWIRE**  
IBEW Local 343 Newsletter

9 80<sup>th</sup> Street SE  
Rochester, MN 55904

[Addressee]  
[Street Address]  
[City, ST ZIP Code]