



HEALTHY LIFE Program

Eligibility

The HEALTHY LIFE Program is for members and their spouses who are covered by the Building Trades Medical Plan. Your participation is voluntary. If you cover your spouse, he/she must participate in order for your family to be eligible for the HEALTHY LIFE incentives. Children do not have to complete the physical exam or tests for a family to be eligible for the incentives.

Active members and their spouses who complete a physical exam and the required diagnostic tests by November 30, 2019, are eligible for HEALTHY LIFE savings starting January 2020. Note: If you completed HEALTHY LIFE requirements in 2018 and were eligible for HEALTHY LIFE incentives starting January 2019, you do not have to complete the requirements again this year. Your eligibility for HEALTHY LIFE incentives lasts for two years.

Physical Exam and Tests

You can coordinate your HEALTHY LIFE physical exam and tests with your own doctor. When you use an in-network provider, the Plan pays 100% of the cost of an annual physical exam. The table to the right explains what's measured during your visit. It also provides a place for you to track your results. You may want to bring it with you as a reference when you visit your doctor.

Note: Test results are not used for employment decisions or to determine eligibility for benefits.

HEALTHY LIFE incentives go into effect on January 1 of the following year.

Notice Regarding HEALTHY LIFE Program

The HEALTHY LIFE Program is a voluntary program available to all members in the Building Trades Plan. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

You will be asked to complete a biometric screening, which will include the tests listed above. You are not required to participate in the HEALTHY LIFE Program. However, members who choose to participate in the HEALTHY LIFE Program will receive an incentive of reduced cost sharing for completing the HEALTHY LIFE physical exam. You are not required to participate in the HEALTHY LIFE Program, but only members who do so will receive the reduced cost sharing.

If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting the Fund Office at 888-466-9094.

Track Your Results

What Is Measured	Your Results
Height	
Weight	
Blood pressure	
Resting pulse rate	
Waist measurement	
Use of nicotine	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cholesterol	
Triglycerides	
Fasting blood sugar	
Your complete blood count	
Your overall health and potential for health issues or risks, such as kidney and liver disease IMPORTANT: You will not be tested for drug use during your physical exam.	Notes on overall health screening or potential risk factors:
Your doctor will discuss your test results with you and the actions you might take to maintain or improve your health.	Follow-ups from discussion with my doctor: