

Your health is personal - Let us help you keep it that way...



The Health and Welfare Fund of IUOE Local 877 & 70 recognizes that we are all unique especially when it comes to our personal health. No two stories are the same, just like our fingerprints. Each of us has specific needs when it comes to managing our health. The organization cares about you and your families and wants to help you achieve your personal health goals by offering the opportunity for you to share *Your Health Story*.

We have partnered with TrestleTree, an accredited health transformation organization, to administer their health risk assessment (HRA) which is called *Your Health Story*. A HRA is a series of questions that gives you an in-depth look at your overall health and then suggests any necessary lifestyle changes to help you meet or continue to achieve your health goals.

As part of the process you will:

- Set an appointment and speak with a trained professional over the phone
- Discuss various aspects of your health including your health history, exercise routine, eating habits and stress level.
- Gain a better understanding of any health risks you may have.
- Receive a personalized Health Risk Assessment report summarizing your current health status
- Be invited to take part in additional health coaching programs offered by the Health and Welfare Fund that may be appropriate for you.



The conversation only takes about 15 minutes and is completely confidential. The Health and Welfare Fund will not have access to any of your individual information.

Keep an eye out for more information on how you can sign up and take part in the HRA. You owe it to yourself to author your own Health Story.

