



Your Future — Our Focus



HEALTH DYNAMICS
PREVENTIVE CARE PROGRAM

Get a crystal clear picture of your health

Once per year, all eligible participants and spouses covered under the Active Plan of Benefits, the Low Cost Medical Plan and under the pre-Medicare Retiree Group P50445 of the Chicago Regional Council of Carpenters Welfare Fund are invited to participate in a complete physical through Health Dynamics. **There is no cost to you. Consider taking advantage of this FREE program. It could save your life.**

Prevention is the key to optimal health. Your best health starts by knowing where you stand. At Health Dynamics, we make it easy. We've been able to develop a truly comprehensive exam because prevention-focused care is our sole focus. In fact, since we started this program in 1984, many people have told us that ours is the most thorough, detailed health exam they've had in their lifetime. Here's why:

The Preventive Care Exam:

- Comprehensive health history questionnaire
- 43-point blood chemistry analysis
- Blood pressure measurement
- Cardiovascular fitness test
- Prostate cancer screening (men)
- Mammogram (women)
- Measurement of height, weight, & body-fat percentage
- Pulmonary function (lung capacity) testing
- Physician-directed physical exam
- 16-point urine analysis
- Electrocardiogram (EKG)
- Pap smear & screening (if requested)
- Colorectal cancer screening
- Strength & flexibility assessment
- Analysis of diet
- Stress inventory

At Health Dynamics, we follow the medical science and base our testing methods on the most current standards and guidelines set forth by the U. S. Preventive Services Task Force, American Heart Association, American Cancer Society, and American College of Sports Medicine.

Our comprehensive testing is then followed by an equally important counseling session to give you the information, skills and confidence to get healthy and stay that way. In our one-on-one Personal Wellness Consultation, our expert health educators review the results of your exam with you and explain the findings. They also make recommendations and suggestions specific to you and your unique health status. You'll get the individually tailored information you need, and we'll answer your questions completely and in terms that make sense and help you.

Please note that all follow-up care is performed by your Primary Care Physician and we'll gladly provide a copy of your Personal Health Report for your doctor, with your permission, so you can easily maintain that vital medical relationship.

Just pick up the phone and call us at (414) 443-0200. We'll take care of the rest.

FREE comprehensive testing & guidance. No out-of-pocket expense. Call today!

- The program is **FREE** to you and your spouse. It's not subject to co-pays, co-insurance or deductibles. 100% of the cost is paid for by the Fund.
- Women may choose to have a mammogram and pap with their own physician and still participate in the Health Dynamics Program.
- All information is kept strictly confidential, unless you request that it be shared with your physician.
- **To schedule your appointment**, please call one of the provider locations on the back of this handout. Mention you are with the Chicago Carpenters and you want to schedule your Health Dynamics exam.

**For more information, please contact
Health Dynamics: (414) 443-0200**

HEALTH DYNAMICS
The Future of HealthCare

HEALTH DYNAMICS
PROVIDER LOCATIONS FOR SCHEDULING APPOINTMENTS

CALIFORNIA

Comprehensive Medical, Inc
3600 Power Inn Road, Suite G
Sacramento, CA 95826
(916) 454-1423

Emeryville Occupational Medical Clinic
6001 Shellmound Street
Suite 115
Emeryville, CA 94608
(510) 653-5200 Ext 0109

Enloe Client Services
888 Lakeside Village Commons
Chico, CA 95928
(530) 332-6853

Garrett Eckerling, MD
Fit For Life, PT
569 Searls Avenue
Nevada City, CA 95959
(530) 802-6621

Garrett Eckerling, MD
Integrated Physical Therapy
1465 Tharp Rd
Yuba City, CA 95991
(530) 802-6621

Lodi-Health West Occupational Medicine
2415 W. Vine Street, Suite 105
Lodi, CA 95242
(209) 339-7441

Redding Industrial & Occupational Health
1710 Churn Creek Road
Redding, CA 96002
(530) 646-4242

Santa Cruz Occupational Medical Center
3601 Caldwell Dr
Soquel, CA 95073
(831) 576-3000

SFO Medical Clinic
San Fran International Airport
Level 3
San Francisco, CA 94218
(650) 821-5601

ILLINOIS

Advocate @ Work
200 W. Golf Road
Libertyville, IL 60048
(800) 761-5856

Amita Health (Alexian Brothers Medical Group)
361 W. Golf Road
Schaumburg, IL 60195
(847) 952-7478
(limited Saturday Appts)

Associated Physicians Group – Alton
4414 West Center Drive
Alton, IL 62002
(888) 363-8333 Option 1

Associated Physicians Group- Swansea
12 Wolf Creek Drive
Swansea, IL 62222
(888) 363-8333 Option 1

Associated Physicians Group- Edwardsville
1181 S. State Route 157
Edwardsville, IL 62025
(888) 363-8333 Option 1

Associated Physicians Group – O’Fallon
916 Talon Drive
O’Fallon, IL 62269
(888) 363-8333 Option 1

Concentra – Schiller Park
4200 North Mannheim
Schiller Park, IL 60176
(847) 801-5170
(limited Saturday Appts)

Concentra – Bellwood

2615 W. Harrison
Bellwood, IL 60104
(708) 493-0299

Edward Hospital

801 South Washington Street
Naperville, IL 60540
(630) 527-7299

Edward Plainfield Outpatient Center

24600 W. 127th St.
Plainfield, IL 60585
(630) 527-7299

Gateway Occupational Health Services

2044 Madison Avenue, Suite G6
Granite City, IL 62040
(618) 798-3975

Ingalls Family Care Center

19550 Governors Highway
Flossmoor, IL 60422
(708) 915-7565

Ingalls Family Care Center

6701 W. 159th Street
Tinley Park, IL 60477
(708) 915-7565
(limited Saturday Appts)

Ingalls Family Care Center

4742 West Cal Sag Road,
Crestwood, IL 60445
(708) 915-7565

Kirby Medical Group

1000 Medical Center Drive
Monticello, IL 61856
(217) 762-6241

Norwegian American Hospital

1044 N. Francisco Avenue
Chicago, IL 60622
(773) 292-8383

OSF Center for Occ Health

530 NE Glen Oak Ave
Peoria, IL 61603
(309) 6556381

Presence Medical Group

7126 N. Lincoln Avenue
Lincolnwood, IL 60712
(847) 583-9189

Sarah Bush Lincoln Health System

Occupational Medicine
1005 Health Center Drive
Suite 104
Mattoon, IL 61938
(217) 258-2357

University of Illinois at Chicago

835 South Wolcott Avenue, E144
Chicago, IL 60612
(312) 996-6505

WorkCare Center – Midway

7456 South State Road
Bedford Park, IL 60638
(773) 382-0380
(limited Saturday Appts)

INDIANA

WorkingWell

3325 Willowcreek Rd
Portage, IN 46368
(219) 764-8439

WorkingWell

7905 Calumet Avenue
Munster, IN 46321
(219) 836-4690

WorkingWell

2307 LaPorte Ave, Suite 8
Valparaiso, IN 46385
(219) 464-7073

IOWA

Medix Occupational Health Services

1824 SW White Birch Circle
Ankeny, IA 50023
(515) 964-9003

Northeast Iowa Family Practice

Medical Arts Center
2055 Kimball Avenue, Suite 101
Waterloo, IA 50702
(319) 272-2112 Opt 1

North Memorial Blaine North

11855 Ulysses St. NE
Blaine, MN 55435
(763) 581-0593

MINNESOTA

Essentia Brainerd Medical Center

2024 South Sixth Street
Brainerd, MN 56401
(218) 828-7166

North Memorial Roseville

1835 Country Road C-West, Suite 150
Roseville, MN 55113
(763) 581-0593

Essentia Health – Occupational Medicine

400 3rd Street
Duluth, MN 55805
(218) 786-3392

Open Door Health Care

309 Holly Lane
Mankato, MN 56001
(507) 388-2120

FirstLight Health

301 South Highway 65
Mora, MN 55051
(320) 225-3356

Raiter Clinic

417 Skylline Blvd
Cloquet, MN 55720
(218) 655-1583

Gateway Family Health – Hinckley

75 Lady Luck Drive
Hinckley, MN 55037
(320) 384-6618

Rochester Clinic

3070 Wellner Dr. NE
Rochester, MN 55906
(507) 218-3095

Health Partners

2251 Connecticut Ave S
Sartell, MN 56303
(320) 203-2400

Sanford Health Occupational Medicine Clinic

1705 Anne St NW
Bemidji, MN 56601
(218) 333-4735

Health Strategies

12805 Highway 55, Suite 125
Plymouth, MN 55441
(651) 429-9891

St. Gabriel's Hospital

815 Second Street SE
Little Falls, MN 56345
(320) 631-5125

Health Strategies

14031 Burnhaven Dr, Suite 110
Burnsville, MN 55337
(651) 429-9891

NEBRASKA

Tri-State Physicians & PT Clinic

3900 Dakota Avenue
Suite #6
South Sioux city, NE 68776
(402) 494-5173

Health Strategies

2734 County Road D East
White Bear Lake, MN 55110
(651) 429-9891
(limited Saturday Appts)

NORTH DAKOTA

Altru Health System
4401 S. 11st Street
Grand Forks, ND 58201
(701) 732-7620

Essentia Health - West Fargo Clinic
1401 13th Ave E.
West Fargo, ND 58078
(701) 364-5757

Sanford Occupational Medicine
2603 E. Broadway Ave
Bismarck, ND 58504
(701) 323-5222

Sanford Occupational Medicine
801 21st Ave SE
Minot, ND 58701
(701) 839-5902

Sanford Occupational Medicine
1531 W. Villard
Dickinson, ND 58601
(701) 225-7575

SOUTH DAKOTA

Sanford Clinic – Occupational Medicine
900 E. 54 St. N
Suite 200
Sioux Falls, SD 57104
(605) 328-9300

WISCONSIN

Health Dynamics (Main Office)
377 W. River Woods Parkway, Suite 225
Glendale, WI 53212
(414) 443-0200

Ascension Employer Solutions - Menasha
1186 Appleton Rd
Menasha, WI 54952
(920) 727-8703

Ascension Employer Solutions - Oshkosh
Lower Level
1855 S. Koeller
Oshkosh, WI 54902
(920) 727-8703

Ascension Medical Group
190 Westwood Center Blvd
Wausau, WI 54401
(715) 355-9401

Bellin Health
1630 Commanche Ave.
Green Bay, WI 54313
(920) 430-4591

Eau Claire Medical Clinic
3802 Oakwood Mall Dr
Eau Claire, WI 54701
(715) 839-9280

Ministry Medical Group
240 Maple Street
Woodruff, WI 54568
(715) 356-8920

Ministry Medical Group Occ Medicine
5412 Hwy 10 E, Suite D
Stevens Point, WI 54481
(715) 346-5243 Option 1

**Neighborhood Family Clinics
in Breidenback Wellness Center**
1526 Rose Street
La Crosse, WI 54603
(608) 781-9880

Prevea WorkMed
3021 Voyager Drive
Green Bay, WI 54311
(920) 405-1420

Prevea Health (St. Nicholas Hospital)
3100 Superior Street
Sheboygan, WI 53081
(920) 459-5176

ProHealth Works

20611 S Watertown Rd, Suite J
Waukesha, WI 53188
(414) 443-0200

SSM Dean East Clinic

1821 S. Stoughton Road
Madison, WI 53716
(608) 260-6005

SSM Dean Medical Center

1313 Fish Hatchery Road
Madison, WI 53715
(608) 252-8003

SSM Dean Clinic – Janesville East

3200 East Racine Street
Janesville, WI 53546-2343
(608) 371-8450

United Occupational Medicine

9555 76th Street
Pleasant Prairie, WI 53158
(262) 577-8150