



# WHAT WILL YOU BUY WITH YOUR \$100 VISA PREPAID GIFT CARD?

The **Plumbers and Gasfitters Local #360** will once again give you and your spouse a \$100 prepaid VISA gift card if you participate in the Health Dynamics Program. The VISA card will be mailed to your home approximately 3 weeks after your consultation. The Health Dynamics Program is paid for at 100% and you are not subject to co-pays nor deductibles. The \$100 prepaid gift card is paid for by the Plumbers and Gasfitters Local #360. If you have questions regarding the prepaid VISA card, please call Kim at Health Dynamics (414) 443-0200.

**To schedule an appointment, please call one of the following providers. For those that have participated, thank you. For those that have not, we look forward to meeting you!**

Associated Physicians Group: Alton,  
Swansea, Edwardsville or O'Fallon

(888) 363-8333 Option 1

Gateway Occupational  
Health Services: Granite City

(618) 798-3975



Health Dynamics  
377 W. River Woods Parkway  
Suite 225  
Glendale, WI 53212

**We have been told that our exam is like no-other.  
You can see why, all components listed below are included:**

- Comprehensive health history questionnaire
- Physician directed physical exam
- 43 point blood chemistry analysis
- 16 point urine analysis
- Blood pressure measurement
- Electrocardiogram
- Cardiovascular fitness exam - bike or treadmill
- Pap smear & screening mammogram
- Prostate cancer screening
- Colorectal cancer screening
- Strength and flexibility assessment
- Measurement of height, weight & body fat percentage
- Pulmonary function (lung function) testing
- Analysis of diet
- Stress inventory
- One hour wellness coaching/consultation session scheduled a few weeks after your initial appointment