



You're Invited to the 25th Annual Benefit Fair!

Plumbers Local Union No. 1 Welfare Fund
Home of Your Employee Benefits

Wednesday, October 21st: 3:00pm TO 6:00pm

Plumbers Local Union No. 1 Headquarters - 50-02 Fifth Street, Long Island City

October Membership Meeting will begin immediately following the Benefit Fair
Annual Blood Drive will be held during this event

**Let's Make
October Your
Health Care
Month**

Visit our new portal at
MyBenefits.nycl1f.com

**Prevention
Rather
Than
Cure**

Retirement Planning

- United Association National Pension Fund
- Schedule your one-on-one session with a representative from Empower by visiting:

<https://ualocal1.empowermytime.com/>

Benefit Information

- Anthem BC/BS
- Optum Behavioral Health
- Aetna Medicare Advantage
- CVS/caremark®
- Live Health Online
- Diagnostic Screening Info
- Member Assistance Plan
- Meet your Service Providers

Refreshments/Give-a-Ways

- Refreshments
 - Give-a-Ways
 - Raffle Prizes*
- * Sponsored by
Local 1,
the ACP
and your Service Providers

Preventive Care

- Therapeutic Back Massage
- Skin Cancer Screenings
- Bone Density Screenings
- Seasonal Flu Shots
- A1C Testing (non-fasting)
- Functional Strength Testing
- Pulmonary Function Testing
- Heart Health Station
- Mini Golf Challenge

You can better ensure wellness and good health by taking advantage of **free** annual physical examinations and other preventive screenings!