



For many, the first and only symptom of heart disease is a fatal heart attack, but **you don't have to wait until it's too late.**

Dear Member:

We are pleased to announce a new program between the USW Local 286 H&W Fund and the Temple Heart & Vascular Institute to promote better outcomes around heart disease.

The USW Local 286 Heart Health Promotion program focuses on early detection, individualized patient education, and prevention of heart disease. ***The program is available FREE OF CHARGE to male members/spouses age 40 and older and female members/spouses age 50 and older.***

Heart disease is the leading cause of death and disability for men and women in this country, and, for many, the first and only "symptom" is a fatal heart attack. According to the American Heart Association, between 2015 and 2018, 126.9 million American adults had some form of cardiovascular disease (CVD), and direct and indirect costs measured between 2016 and 2017 were \$363.4 billion.

The USW Local 286 Heart Promotion Program redefines cardiovascular health promotion through early detection and is completely free of charge.

Early detection occurs using a non-invasive, low radiation dose CT scan of the heart to identify the presence of coronary calcium. A coronary calcium score will then be calculated and used to guide preventive strategies that include patient education and life style/risk factor modification.

Enclosed are two brochures for your review. The first talks about general prevention of heart disease and is entitled "Nine Tips for a Healthy Heart." The second brochure further explains the program and includes enrollment instructions for those who are age eligible.

Don't wait until it's too late: Enroll now.

Remember, we are all in this together. Doing the right things now allows us to avoid debilitating disease and keeps future healthcare costs at a sustainable level. Your cooperation and support are greatly appreciated. If you have any questions or concerns, please free to contact your Local 286 nurse at 267-940-8435 or visit www.USW286benefits.com.

Sincerely,

Board of Trustees
United Steelworkers Local 286