

Experience life in HD



Get a crystal clear picture of your health

- Eligible members and spouses of the Duluth Building Trades Health Fund are encouraged to participate.
- The Program is paid for at 100% under the members annual routine care benefit, no co-pays or deductibles.
- **As an added incentive, you and your spouse will each receive a \$200.00 VISA gift card when you participate. You will receive your card at your home 2-3 weeks after your wellness consultation session. You don't need to do anything to receive your card. Just wait for it in your mailbox.**

- 17 Medical Components are offered including a one-hour wellness coaching session.
- All information is kept strictly confidential.

To schedule an appointment, please call one of the providers listed on the back-side of this handout or call Health Dynamics for additional provider locations.

Questions regarding the gift card or the Health Dynamics Program, please call (414) 443-0200

HEALTHDYNAMICS
The Future of HealthCare

Program Components included in exam

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| <ul style="list-style-type: none"> • Complete blood chemistry analysis, including glucose and cholesterol (41 elements) • Urinalysis (16 elements) • Body fat composition measurements • Resting blood pressure • Height and weight measurements • Pulmonary function test (lungs) • Strength evaluation • Flexibility testing • Twelve Lead EKG recording | <ul style="list-style-type: none"> • Cardiovascular fitness test – bike or treadmill • Physician directed examination • Pap smear for women (upon request) • Colorectal cancer screening breast screening mammography (ACS guideline and upon request) • PSA test for prostate cancer (ACS guidelines) • Chest X-ray (ACS guideline) • One-hour wellness coaching/consultation |
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To schedule an appointment, please call one of the following provider locations. Let them know that you are with the Duluth Building Trades Health Fund and that you want to schedule your Health Dynamics exam.

Essentia Health – Occ. Medicine
 400 3rd St.
 Duluth, MN 55805
 (218) 786-3392

Raiter Clinic
 417 Skyline Blvd
 Cloquet MN 55720
 (218) 655-1583

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

Sanford Health Occ. Medicine Clinic
 1705 Anne St. NW
 Bemidji, MN 56601
 (218) 333-4735

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

St. Gabriel's Hospital
 815 Second Street South East
 Little Falls, MN 56345
 (320) 631-5125

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

Health Strategies
 2734 County Road D East
 White Bear Lake, MN 55110
 (651) 429-9891
 (Saturday Appointments)

North Memorial Blaine North
 11855 Ulysses St. N.E.
 Blaine, MN 55435
 (763) 785-4354

North Memorial Roseville
 1835 County Road C West, Suite 150
 Roseville, MN 55113
 (763) 785-4354

Health Strategies
 12805 Highway 55, Suite 206
 Plymouth, MN 55441
 (651) 429-9891
 (Saturday Appointments)