

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.

Blaine Medical Center

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

Health Strategies

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

Essentia Brainerd Medical

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

Health Strategies

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

Essentia Health – Occ. Medicine

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

Sanford Health Occ. Medicine

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

FirstLight Health

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

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