



*Transport Workers Union-MTA
Health & Welfare Trust*



2016-2017 Wellness Schedule

October 10, 2016—October 18, 2016

**Biometric Screening
Health Assessment
Flu Shots**

FACILITY	DATE	TIME
FALLBROOK	OCTOBER 10, 2016	4:00 P.M.— 8:00 P.M.
HIRAM CLARKE	OCTOBER 11, 2016	4:00 P.M.— 8:00 P.M.
KASHMERE	OCTOBER 12, 2016	4:00 P.M.— 8:00 P.M.
POLK	OCTOBER 13, 2016	4:00 P.M.— 8:00 P.M.
FIELD SERVICE CENTER	OCTOBER 14, 2016	12:00 NOON—3:00 P.M.
WEST	OCTOBER 17, 2016	4:00 P.M.— 8:00 P.M.
RAIL	OCTOBER 18, 2016	4:00 P.M.— 8:00 P.M.

**EARN 50 POINTS
BY COMPLETING ALL THREE SCREENINGS
BY OCTOBER 21, 2016**

MUST BE AN HOURLY EMPLOYEE WITH TRUST INSURANCE



**TRANSPORT WORKERS UNION— MTA
HEALTH & WELFARE TRUST**



**2016—2017
Walking Program**

will begin

October 11, 2016 through April 27, 2017

FACILITY	DAYS	TIME
FALLBROOK	TUESDAY, WEDNESDAY & THURSDAY	6:00 p.m.—8:00 p.m.
HIRAM CLARKE	TUESDAY, WEDNESDAY & THURSDAY	6:00 p.m.—8:00 p.m.
KASHMERE	TUESDAY, WEDNESDAY & THURSDAY	6:00 p.m.—8:00 p.m.
POLK	TUESDAY, WEDNESDAY & THURSDAY	6:00 p.m.—8:00 p.m.
WEST	TUESDAY, WEDNESDAY & THURSDAY	6:00 p.m.—8:00 p.m.

EARN 25 POINTS FOR EACH MONTH!!!!

Who qualifies?

Employee and their dependents covered with the medical plan through the Trust Office (18 years old and over).

How many days must I walk?

All participants must walk at least 8 days per month.

How long do I have to walk?

All participants must walk at least 30 minutes each day.

Do I have to walk at my assigned facility?

No. All members are able to walk at any designated facility listed above.

When do I receive my 25 points?

All participants will receive their 25 points at the end of each month. (MUST complete 8 days for each month).

MOVE METRO MOVE

