

FIT FOR DUTY PROGRAM

We all know the importance of having a primary care physician. Although most adults never miss their children's check-ups, they are not as vigilant about their own doctor visits. Annual check-ups aren't just for kids. A primary care physician will treat your temporary ills and ailments but also help prevent or catch health issues before they become serious health challenges.

Primary care physicians are well-trained in recognizing and treating common illnesses. But one of their more important jobs is preventative medicine. This includes making sure you are up to date on all immunizations and that you have the recommended screening tests and blood work to identify disease as early as possible or to even prevent chronic conditions such as high blood pressure or diabetes from occurring.

To encourage you to manage your health, the RI Laborers Health Fund implemented the Fit for Duty program in 2014. Members enrolled in the RI Laborers Health Fund who complete an annual well visit (physical) and dental cleaning exam during the calendar year will receive an incentive in June of the following year. This incentive is available to members and their spouses.

The incentive will be \$100 for all eligible participants who have an annual check-up plus an additional \$25 for a dental exam and cleaning per calendar year.

This incentive can be used for qualified medical expenses. Eligible expenses include health plan co-payments, dental work and orthodontia, eyeglasses and contact lenses and prescriptions. They do not include expenses that are merely beneficial to general health, such as vitamins or a vacation. A list of these expenses is available on the IRS Web site, www.irs.gov in IRS Publication 502.