



Unity

LOCAL 15 NEWS FOR YOU

Dean F. Apple

President / Business Manager

July 23, 2009

WELLNESS SCREENING

Exelon and Wellness Inc with the support of Mutual Benefits Association and IBEW Local 15 are pleased to offer a Wellness Screening Program at no cost to Exelon employees. The Wellness Screening Program includes:

- **Panel C Blood Test** – Comprehensive chemistry profile of 36 different tests, including CBC (complete blood count) and cholesterol analysis. This panel is designed to identify early warning signs of heart disease, diabetes, liver abnormalities, nutritional disorders, kidney disease, thyroid disease, anemia, and cancer.
- **Blood Pressure Evaluation** – Your blood pressure results will be recorded and explained to you.
- **PSA (Prostate Specific Antigen)** – A blood screening for men to aid in the detection of benign and cancerous growth of the prostate.
- **ColoCARE®** – A take-home, self-test to detect hidden blood in the stool. This test can aid in the early detection of gastrointestinal disorders and colon cancer.
- **Wellness Health Coach** – After the program, a health coach will be available to review your screening results with you and suggest possible actions that you might consider.

Please look at the attached schedule for your location's scheduled screening date. If you are going to report to another location please contact Sue Henson, OHS. This needs to be done in order to ensure your paperwork is at the location of your screening. Mrs. Henson can be contacted via phone at 815-458-7820 or e-mail at susan.henson@exeloncorp.com.

If you do not see your reporting center on the list go to the web site (listed below) and sign up at the nearest location and then contact Sue Henson to let her know. This is open to all employees, union and management alike.

**Register online at <http://register.wellness-inc.com/exelon.html>
or call the Wellness Hotline at 866.935.5462**

Participation is conditional on an employee's agreement to have his or her screening results forwarded to Focused Health Solutions. To learn more about the programs offered to Exelon employees through Focused Health Solutions, visit <https://focusedhealthprogram.com/exelon>.

- **Do NOT eat or drink (other than water) 8-12 hours prior to the test.**
- **Drink 2 glasses of water during the 2 hours prior to the appointment.**
- **Be sure to wear loose fitting sleeves.**
- **Most medications can be safely taken prior to the screening. Please consult your physician if you have a question about any medication you are currently using. Those taking insulin should call their doctor in advance regarding their insulin dose the morning of the screening.**
- **Programs and services are available to those 18 years of age and older.**

Included in your screening package is 12 months of unlimited access to a personalized health information Web site located at www.MyWellnessInfo.com. At this site you can securely review your blood test results and access online health resources from highly credible sources. This online resource includes additional health assessments, a multimedia center, Health Illustrated Encyclopedia (investigate causes, symptoms, treatments), a drug information center, healthday news, care guides and much more! Look for your log-on information in your screening test results package.

Wellness Screening is important!

Early detection is the key to staying well! Many diseases can be detected through screening long before any symptoms are noticed. In fact, one out of every ten participants is made aware of a potentially serious, sometimes life-threatening, illness through this program. Detecting the problem early gives you the best odds for controlling and fighting illness. Within 2-3 weeks, your confidential results will be mailed to your home.

Wellness Screening is convenient and confidential!

Our professional medical team comes to your facility. In less than 30 minutes a nurse takes your blood pressure and a small sample of blood. These blood samples are taken to a state-of-the-art licensed and accredited clinical laboratory for comprehensive testing.

You can win free medical coverage for 12 weeks!

Eighty Exelon employees company-wide will win a 12-week premium holiday for the first six pay periods of 2010. To be eligible, you must complete the health risk assessment and review your HRA results with a Focused Health coach within six weeks of taking your HRA. You must also attend a health fair and participate in the Wellness Inc. screening or fully complete the HRA, including all requested data (height, weight, blood pressure and cholesterol (LDL and HDL)).

Winners will be notified in December.

“I recommend that all our members sign up for this completely free and confidential wellness screening. It can help detect early signs of illness that greatly affect your everyday life. It is a wonderful service and I have taken advantage of this opportunity myself,” declared President/Business Manager Dean Apple.

“The MBA, Local 15, and the Company have teamed up to give you... the employee, an opportunity to have a look at your health. The test only takes a few minutes, but as in my personal case identified a problem my doctor missed. Please take a few minutes and sign up in your area for a wellness check. The results are a win for your future health,” states MBA Board President Steve Renner.

Exelon 2009 Health Screening Schedule

**Register online at <http://register.wellness-inc.com/exelon.html>
or call the Wellness Hotline at 866.935.5462**

Location	Address	Health Screening Date(s)	Health Screening Times	Locations invited to attend screening program (these locations will not host an onsite screening)
Aurora	2001 Aucett Rd. Montgomery, IL 60535	September 29	7:00 - 11:00 AM	Sandwich
Bolingbrook	1040 N Janes Ave Bolingbrook, IL 60440	September 30	7:00 - 11:00 AM	
Crestwood	4401 W 135th Street Crestwood, IL 60445	October 15	7:00 - 10:30 AM	
DeKalb	17028 Route 23 DeKalb, IL 60115	October 6	6:00 - 9:00 AM	Marengo, Genoa
Dixon	919 - 1st Street Dixon, IL 61021	October 2	6:00 - 9:00 AM	Oregon, Morrison, Walnut, Mendota, Sterling
Rockford	123 Energy Ave. Rockford, IL 61109	September 11	5:30 - 9:30 AM	Freeport/Belvidere/Harvard
Mount Prospect	201 N Arthur Ave Mt Prospect, IL 60056	October 14	7:00 - 11:00 AM	Barrington
University Park	25,000 Governors Hwy. University Park, IL 60466	October 21	7:00 - 11:00 AM	Bradley
Chase Tower	10 S Dearborn Chicago, IL 60603	October 8 & 9	8:00 - 12:00 PM	
Chicago North	3500 N California Ave. Chicago, IL 60618	October 22	6:30 - 10:30 AM 1:00 - 3:00 PM	
Chicago South	7601 S Lawndale Ave. Chicago, IL 60652	September 22	6:00 - 11:00 AM	
Joliet	1910 S Briggs Street Joliet, IL 60433	September 16	6:00 - 11:00 AM	Channahon
Libertyville	1500 Franklin Boulevard Libertyville, IL 60048	September 2	7:00 AM - 11:00 AM	Antioch
Glenbard	1N423 Swift Road Lombard, IL 60148	September 17	7:00 - 11:00 AM	
Maywood	1505 S 1st Ave. Maywood, IL 60153	September 24	7:00 - 9:00 AM	Tech Center
Commercial Center	1919 Swift Drive Oak Brook, IL 60521	September 23	7:00 - 11:00 AM	
Two Lincoln Center	Two Lincoln Center Oakbrook Terrace, IL 60181	September 15	7:00 - 11:00 AM	

Exelon 2009 Health Screening Schedule

(CONTINUED)

**Register online at <http://register.wellness-inc.com/exelon.html>
or call the Wellness Hotline at 866.935.5462**

Three Lincoln Center	Three Lincoln Center Oakbrook Terrace, IL 60181	September 1	7:00 - 11:00 AM	
Cantera	4300 Winfield Road Warrenville, IL 60555	October 5	7:00 - 12:00 PM	
Elgin	350 - 2nd Street Elgin, IL 60123	September 3	7:00 - 10:00 AM	Crystal Lake/Woodstock
Skokie	5190 Church St. Skokie, IL 60077	October 13	7:00 - 11:00 AM	Highland Park
Streator	700 W. French Street Streator, IL 61364	September 18	7:00 - 10:00 AM	Pontiac
Quad Cities	22710 206th Ave. North Cordova, IL 61242	August 4 & 5	5:30 - 10:30 AM	
LaSalle	2601 North 21st Road Marseilles, IL 61341	August 25 & 26	5:30 - 10:00 AM	
Dresden	6500 N Dresden Road Morris, IL 60450	August 11 & 12	5:30 - 10:30 AM	
Byron	4450 N. German Church Rd Byron, IL 61010	June 4 & 18	5:30 - 9:30 AM	
Oak Brook Call Center	2100 Swift Drive Oak Brook, IL 60523	September 10	7:00 - 11:00 AM	