



April 2023

To All Members of Plumbers and Pipefitters Local 344

Dear Brothers and Sisters,

Personal Health Assessment/HRA

Personal Health Assessments are for retirees, active members and their spouses **eligible** on the Local 344 Health Insurance. Those that are eligible may participate in **one** health assessment and will receive \$500.00 into their HRA account. The HRA money can be used to reimburse any out-of-pocket expenses, any money not used will be rolled over from year to year.

There is not an incentive for wives that participate in the Health Assessment.

The health assessment schedule:

Saturday, May 13, 2023 from 7:00 am to 11:00 am – Deadline to Schedule is May 11th
Saturday, October 21, 2023 from 7:00 am to 11:00 am – Deadline to Schedule is October 19th

Make up Health assessment will be on:

Saturday, December 3, 2023 from 7:00am to 11am- Deadline to schedule is November 30th

Schedule your May appointment online on or after April 13th at: <https://book.appointment-plus.com/cjj9s1c2/> or call 1-844-474-2633 - no walk in appointments will be taken.

After scheduling your appointment, you can go online and create a password and take the assessment at www.mypicmed.com. Paperwork will be available on the day of your blood draw to complete your questionnaire/assessment if you don't have access to internet.

**The Personal Health Assessments will be held at:
The Union Hall Meeting Room
4335 SW 44th Street**

*You MUST either schedule your Personal Health Assessment online or call
1-844-474-2633*

***Appointment times will open 1 month prior to the scheduled date of the blood draw.
Example: The appointments for the health assessment on May 13 will open on April 13, 2023.*

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"Unionism has helped to give to everyone who toils the position of dignity which is his due"

UA Local 344 Apprentice Contest

Congratulations to the winners of the 2023 Local 344 Apprentice Contest.

Mark Hoffman (Plumbing)
Trenton Hovis (Pipefitting)
Jadon Walton (Welding)

There were 19 contestants this year, which is a new record. The participants are given a written exam prior to the Hands-On portion of the Contest. They are required to complete a range of tasks, specific to their trade, within a predetermined time-frame. Judges look for skill, accuracy, and the quality of the finished product done in a safe and professional manner.

Winners will compete in a state contest with apprentices from Local 430 to determine who will continue on to the District Contest to be held in June in Metairie, Louisiana.

17th Annual Golf Tournament

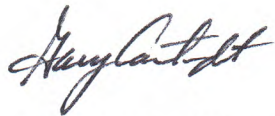
The Local's Golf Tournament will be held Saturday, May 20, 2023 at Winter Creek Golf & Country Club. A registration form with details is enclosed.

OKC Memorial Marathon "Run to Remember"

Local 344 will be a proud sponsor this year on April 30th. If any members or their family member would like to participate as a runner, please call Larry at the Hall for more information 405-682-4573.

You can always access previous newsletters at pp344.com

Fraternally,



Gary Cartwright
Business Manager

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opeiu381,afl-cio

enclosure