



healthy choices



live well. be well.

Adult Health

Making Preventive care a Priority

Adult Health

Men and women are encouraged to get care as needed, make smart choices and make regular screenings a priority. That includes following a healthy lifestyle and getting recommended preventive care services. If everyone follows a game plan for better overall health, they'll be more likely to win at wellness.

Adult Health – for ages 19 and over

Preventive care is very important for adults. By making some good, basic health choices, women and men can boost their health and well-being.

Positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

Routine tests and Screenings

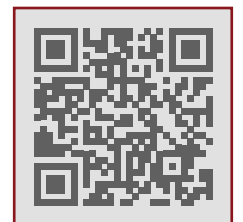
Health screenings such as mammograms, colonoscopies, pap smears, cholesterol and blood pressure tests are effective means of spotting diseases before they get worse. In general, it's very important to stick to your schedule for these tests, which help give doctors early warnings if your health is changing.

Every Year, Every One!

- Flu vaccine
- Skin cancer screening
- BMI and weight evaluation
- Depression screening

Looking for a Primary Care?

SIMPLY SCAN THE QR CODE
TO VISIT OUR WEBSITE.



Digital Open Enrollment



20
25

September 1-October 31st, 2024

Visit your Participant Portal login at 655hw.org. If you have not logged in you will need to register a **new account** and complete the activation process before accessing the Participant Portal. This step must be completed before you can complete your **2025 Digital Open Enrollment**.



DASHBOARD



MEMBER ELIGIBILITY



DEPENDENT ELIGIBILITY



ENROLLMENT

Scan to visit
Participant Portal



Once registration is complete you can access your 2025 Open Enrollment digital form from your Dashboard under the **Enrollment tab**.

Click the **"Begin"** button to get started or decline coverage by clicking the **"Decline Coverage"** option.

[BEGIN](#)

[DECLINE COVERAGE](#)

IF YOU DO NOT HAVE ACCESS TO COMPLETE THE DIGITAL FORM CONTACT OUR OFFICE.

If you have questions as to what is applicable to you and or need to verify if we have your birth certificates and marriage license on file, Please call the Fund Office 314.835.2700 or toll free at 866.565.2700. Office hours are Monday through Friday from 8:00 a.m. to 5:00 p.m.