



This isn't your typical doctor's office

At Vera Whole Health, we care for your whole health at no cost to you.

A check-up may not be high on your to-do list. But preventive care—things like blood work, health screenings, and immunizations—can help you stay healthy now and proactively address concerns you may face in the future.

At Vera, we're here for everything from sick-care to preventive screenings, nagging issues to chronic condition management. No topic is off the table.

We prioritize empathy, safety, and time, so we can treat you exactly where you are—zero judgments.

Earn a \$100 annual incentive

Complete an Annual Whole Health Evaluation by November 30, and earn \$100. Call the care center at **(206) 337-6080** or make an appointment at **patients.verawholehealth.com**.



We save you (and your Union) money

Vera care is free to you—and because preventive care creates a healthier community with fewer costly medical needs, it saves Local 32 money, too.



We give you more time with your doctor

Longer appointments allow you to ask questions and understand your test results.



We treat your whole health — not just your symptoms

Your care team works to support not just your physical health, but your mental and social wellbeing, too. Because it's all connected.



We connect you with a health coach

Making lifestyle changes can be hard. Your coach takes time to understand your situation and acts as a partner in your health journey.



5 important health screenings for men

Visiting your doctor early and regularly can help prevent leading health issues.

Nearly half of U.S. men don't get their annual health exam.

But regularly visiting your care provider can profoundly affect your well-being, since many common health issues for men, including heart disease and prostate cancer, are preventable or can be treated—especially if found early.

Don't skip these five important health screenings:

01. Regular physical exams

Every three to five years for men under 50; annually for men older than 50

02. Blood pressure

Every two years or more frequently if you are at risk of developing high blood pressure or already have high blood pressure

03. Cholesterol

Once between 18 and 21 years of age; every five years depending on your cholesterol level and risk factors

04. Diabetes

Regularly for all men older than 35 or who have a body mass index higher than 25

05. Colon and prostate cancer

Screenings for different types of cancer often start around age 45, but your care provider can help you find which cancer screening is best for you



Fort Dent Care Center

6700 Fort Dent Way, Suite 100
Tukwila, WA 98188

(206) 337-6080

patients.verawholehealth.com

Care center hours

Monday:	8:30am–6:00pm
Tuesday:	8:30am–6:00pm
Wednesday:	8:30am–6:00pm
Thursday:	8:30am–6:00pm
Friday:	8:30am–6:00pm

Vera Whole Health is a separate, HIPAA-compliant, private care provider and will keep your health information confidential. Your employer will not have access to your health information.