



# Hey Local 32, **We're Vera.**

## Healthcare the way it should be.

Vera Whole Health makes it easy to take care of your health with convenient locations and same- or next-day care—**all at no cost to you through your Local 32 health plan benefits.**

A health checkup may not be high on your to-do list. But visiting your doctor early and regularly can help identify potential health issues that may be preventable or treated, especially if found early. Don't skip your annual health checkup. ***Stay strong to stay in the game.***

### The Vera difference

- ✓ **You pay \$0**—all Vera care services are included.
- ✓ **More time with your doctor**  
Longer visits help you understand your health and get your questions answered.
- ✓ **Whole-person care**  
We treat more than symptoms—supporting your physical, mental, and social health.
- ✓ **Connect with a health coach**  
Small steps lead to big change. Get personalized support from a behavioral health clinician to improve your well-being.

**Stay Healthy. Earn Money.** Earn \$100 when you complete an Annual Whole Health Evaluation. Members and their spouses can each earn \$100 (\$200 maximum per family). A check will be mailed to you from Zenith following completion of your three-part evaluation. Call (206) 337-6080 to make an appointment.

# How does UA Local 32 work with Vera Whole Health?

Vera was designed with Union members in mind.

## Who can visit a Vera care center?

Thanks to your Union's partnership with Vera, access to Vera care centers are available to Trust members and their families on the Aetna PPO plan.

## What does it cost to visit a Vera care center?

All Vera care services are free to you and your covered family members age 2 and older. And you help your Local 32 save money, too—because healthier members with healthier families have fewer costly medical needs.

## How do I make an appointment?

Call **206-607-8430** to make an appointment at any Vera location. Same- and next-day appointments are available for non-emergency sick care. There are five convenient Vera locations throughout the region close to where you live, work and shop.

## How is Vera different from other providers?

We value your whole health, not just treating your symptoms. You'll have all the time you need with a Vera provider. Your entire family can see the same provider, or you can choose different providers or locations for each family member.

## Where are the care centers located?

Monday to Friday, 8:00 AM - 6:00 PM

### Tukwila, Fort Dent

6700 Fort Dent Way, Suite 100  
Tukwila, WA 98188

### Tacoma

3815 S Steele St, Suite A  
Tacoma, WA 98409

Additional care centers in Everett, Totem Lake, and Sand Point.

## Vera services include:

- Annual exams and screenings
- Non-emergency sick care
- Sick and primary care for children, ages 2+
- Sports physicals
- Immunizations
- Family planning
- Chronic disease care
- Diabetes education/nutrition
- Behavioral health support
- Health coaching
- Lab tests and prescription fills

*Vera is not available for on-the-job injuries or illnesses (workers' compensation/L&I).*

Scan the QR code to register for My Vera

(206) 607-8430 | heyvera.health

