

# **SPEEDWAY CHAIRMAN'S REPORT #326**

**DATE: 10/05/05**

## **LifeSteps (Health Screenings)**

As you know, GM and the UAW have been working together to lower health care costs while maintaining the standard of care that GM employees deserve and are accustomed to receiving. Through this effort the *LifeSteps* program was jointly developed with a focus on individual awareness of the necessity of reducing health risks as a key factor in becoming healthier. Pilot Health Promotion programs were implemented at two (2) GM divisions in the U.S. One lesson learned from these pilot programs was that people who participate in regular health screenings, wellness programs and health education offered by *LifeSteps* are successfully changing their lives for the better. Now, the *LifeSteps* program is being offered to every GM facility in the U.S. Allison Transmission will begin by offering *LifeSteps* health screening sessions to all employees (Hourly & Salaried). The screening includes Height/Weight, Blood Pressure, Total and HDL Cholesterol, Blood Sugar, and Feedback Counseling. Office visit vouchers (50% off) will be provided to participants found to be at high risk according to established health guidelines. The voucher is to be used for a follow-up visit with the employee's personal physician for the purpose of addressing the specific health risk identified during the screening.

In-plant health screenings at Allison Transmission are completely voluntary and will be on company time. **The first screening session will be for all Plant 4 employees and will be conducted in the "fast response" area located at Bay C-13. Dates for this initial screening are October 25<sup>th</sup> through 27<sup>th</sup> between the hours of 5:30 a.m. – 10:30 a.m. & 2:00 p.m. – 7:00 p.m.** All employees in Plant 4 will be surveyed to determine participation levels. Thereafter Supervisors will inform the participant of their scheduled appointment time/date. Once the Plant 4 health screening is completed, the *LifeSteps* group will move to other areas until the screening process is completed throughout the entire facility.

Health screening results will be communicated confidentially to participating employees and follow-up will be provided when lab results become available. Once all health screenings are completed at our facility, wellness support programs/activities will be developed according to our plant needs based on health risk appraisal and screening data. UAW members absent from work during their scheduled screening should contact Local 933 Quality Network representative Dennis Webber on X-7917 for re-scheduling. Employees are strongly encouraged to participate in this FREE health screening opportunity. Individual awareness is a key factor in becoming healthier.

## **FREE AEROBIC CLASSES (Reminder)**

FREE aerobic classes continue to be offered to Allison employees. Classes are held at the River Chase apartment complex located on the west side of Indy. Class schedules (days/times) are favorable for employee's working ANY shift and are designed for everyone...regardless of your level of fitness. This is a great opportunity and a fun way to get...or stay in shape. Tune in to the CCTV monitors for a description of classes and scheduled times/dates.

## **DIVERSITY WEEK**

October 10<sup>th</sup> through 14<sup>th</sup>, 2005, is National Diversity Week. The Joint Allison Transmission Diversity Steering Committee is celebrating by offering daily events. Most events will be held in the Bob Clark (Powerama) Auditorium between 11:00 a.m. and 12:30 p.m. Employees are encouraged to stop by and participate in any of the activities as time permits.

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Tim Snyder, Speedway Chairman Bargaining  
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### **S H O P C O M M I T T E E**

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