

Attention: All Staywell Members

♥ Staywell Health Screening Program and Preventive Care ♥

Your health is important, and one of the best ways to stay healthy is to test regularly for potential health risk factors. Last year, however, only 21% of Staywell members had an annual routine preventive visit.

We are pleased to announce our new Health Screening Program, provided by Summit Health, a nationwide health and wellness company. This new wellness initiative is part of Staywell's commitment to support preventative care and cultivate a healthier workplace. Health screenings can identify unknown conditions, diseases, or risks for disease that can significantly influence the quality of our lives in the future. A health risk screening (HRS) takes only about 15 minutes to complete, but the information you receive can change your life!!

Staywell's Health Screening Program is a free and confidential process that is **available to covered employees and their spouses/domestic partners** as an on-site screening, or a mail-in screening. The onsite health screening is a quick, easy and confidential fasting blood test (finger stick) with the opportunity to discuss your results with a counselor who will evaluate your existing health conditions and health-related behaviors.

Then all you do is schedule a preventative visit with your doctor to discuss your results and develop an appropriate improvement plan.

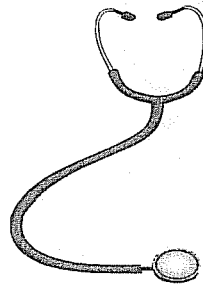
Those who participate in the Health Screening Program, and have a preventative visit with their physician, will **earn a \$100.00 gift card!**

If you need more information, contact your Staywell Wellness Advocate Kathe Charters, or Staywell Reps Holli Williamson or Linda Stephens.

Determine your current health status in less than 15 minutes – completely free and confidential.

- √ Cholesterol (HDL/LDL)
- √ Diabetes
- √ Coronary Risk Ratio
- √ Blood Pressure
- √ Body Mass Index (BMI)

- √ Fasting Required – no food, only water for 9 hours prior to testing



A Drop of Blood Can Tell Quite a Story

A simple drop of blood can hold secrets about our health and provide clues about how we can improve our health and well-being. Our genetic heritage and our daily behaviors can either increase or decrease our chance of developing a serious chronic disease such as heart disease, high blood pressure or diabetes. These conditions can rob us of our well-being and possibly our life. They often attack us without warning and without symptoms, and a drop of blood may hold the only clues that we are vulnerable.

If we regularly monitor our blood cholesterol, our blood pressure and our blood sugar, we may be able to detect undesired changes in our health status early so that we can work with our doctor to prevent the condition from worsening. Health screening events provide an opportunity for us to learn about our health "numbers" and can help us manage our health.

Our On-Site Biometric Screening:

Where: John Diederich Center
208 Dana Street
in the Conference Room

When: October 26, 2011
7 a.m. – 11 a.m.

SIGN UP EARLY – check your e-mail for the on-line link code – sign up by 10/7 or sooner to select your prime time –

Two employees who sign up by Oct. 7 will win a \$20.00 gift card.