

“Know Your Numbers”

Complete and fax the form on the reverse side by Sept. 30, 2012 to qualify for 75 Carpenters Rewards points. Your results will be uploaded to your EmbodyHealth profile and preloaded in your upcoming Mayo Clinic Health Assessment. You'll earn an additional 75 points with your completed Health Assessment. With 200 points, you'll qualify for a \$200 gift card. Please see the enclosed letter for details.

CHECKLIST

- 1. Decide if you need an exam.** The Preventive Health Care Benefits table at ctww.org shows how often you should get a health exam and biometric screening. However, results from a previous exam and screening may qualify.
 - **Employees, Spouses, Domestic Partners:** A health exam and biometric screening on or after June 1, 2011 will qualify for points if your *Biometric Screening Form* is submitted by Sept. 30, 2012.
 - **Dependent Children 19–25:** A health exam and biometric screening on or after June 1, 2009 will qualify for points if your *Biometric Screening Form* is submitted by Sept. 30, 2012.
- 2. See your personal physician.** No one understands your health situation better than your personal physician. If an appointment is necessary, try to schedule it before Aug. 31, 2012 so there's time to process lab results, complete the *Biometric Screening Form*, and fax it to Vivacity (please see below). If you don't have a personal physician, consider finding one with a primary care specialty. The Provider search feature at ctww.org can help you locate physicians in the First Choice Health network.
- 3. Fast before your appointment.** Your doctor may ask you to fast from two to 12 hours before your exam and blood test. That means you should not eat or drink any liquids except for water. Having food and most beverages in your digestive system can affect the results of blood tests that measure cholesterol or blood glucose.
- 4. Complete and sign the form.** Whether you fax the form or have your physician do it, you must give permission to upload your biometric results to EmbodyHealth and preload them to your upcoming Mayo Clinic Health Assessment to receive Carpenters Rewards points. Forms with missing information and/or signatures are not eligible for points.
- 5. Include your lab slip.** If you fill out and fax the form yourself (Option A), be sure to include your lab slip from your recent health exam and biometric screening. Vivacity must be able to verify the date and lab values in order to award points.
- 6. Fax the form by Sept. 30, 2012.** Do **not** send forms to the Trust Office. Carpenters Rewards is partnering with Vivacity, a health and wellness company, to administer this part of the incentive program. Faxes must be sent to Vivacity. The fax numbers are on the front side of this form.
- 7. Follow up.** If your physician is faxing your form (Option B), you might want to confirm with your physician that your form was faxed.
- 8. Look for points.** Rewards points will begin appearing on EmbodyHealth in early September. Forms received after Aug. 31, 2012 will have points uploaded in early October. Forms received after Sept. 30, 2012 will not be eligible for points, regardless of your exam date.

FAQs

Why should I get a health exam and biometric screening? Measurements for cholesterol, triglycerides, glucose, blood pressure, height and weight can accurately gauge your risk for many serious illnesses and health conditions. Keeping your values within a healthy range can help you maintain and even improve your health.

Who is Vivacity? Vivacity is a new partner in the Carpenters Wellness Program. The company specializes in wellness programs and is assisting with the collection and transfer of biometric information to Mayo Clinic.

Why does the Carpenters Wellness Program need to know my biometric information? The purpose of this incentive program is to encourage you to track these important numbers. The Carpenters Wellness Program does not receive biometric information at the individual level. At the end of the incentive program, the Trust will receive a group report that summarizes results. This summary identifies health trends so the Trust can better understand the needs of plan participants. Your individual results cannot be identified in the summary report.