

Coming Soon: On-Site Health Screenings

During the recent Benefits Enrollment, 58% of you accepted the Wellness Challenge and 61% scheduled a health screening. Now, find out what should you expect at your screening.

If you accepted the Wellness Challenge during Benefits Enrollment and completed your requirements on SimplyWell's web site, you earned the \$200 Wellness Challenge Incentive. But, the incentives don't stop there; you can earn an additional \$200 Health Screening Incentive when you attend your scheduled health screening between January 1 and March 31, 2012. Employees who complete the health screening requirements will earn the incentive beginning with your May paychecks.

Here's what to expect at your health screening:

- To confirm or change your appointment time, log into www.simplywell.com and go to "My Information" then "My Health Screening". If you didn't schedule a screening, there's still time. Follow the above steps to take advantage of the on-site sessions.
- Your screening includes a blood draw, blood pressure check, and height and weight measurements to calculate your Body Mass Index (BMI). (Fast 8 – 12 hours prior to your screening IF possible, drink plenty of water and be sure to take your medications. Results are still attainable if you are not able to fast, however the best results come from a fasting blood draw. If you are diabetic, check with your doctor before fasting.)
- If you opted to complete a physician upload instead of a site screening, it's your responsibility to ensure the participant section including your signature are complete, and that your physician uploads your results to SimplyWell no later than March 31, 2012. Upload forms are available from either www.simplywell.com or www.firstdatabenefits.us under the Communications Tab.
- Results from your screening are loaded into your on-line Health Report on SimplyWell's secure Web site within 48 hours.
- A registered nurse may call you after your screening to offer health coaching and ways to manage or improve your current health.

Take advantage of the many resources offered through www.simplywell.com and make your health a top priority. SimplyWell is available to help you manage your health through a wealth of on-line health tools and resources, including:

- Daily health news
- Self-administered Individual Action Plans
- Healthy living resources and health guides
- Healthy recipes

SimplyWell makes wellness their core business. You can be assured that your personal health information will not be shared with First Data. The only health information First Data will receive will be in aggregate form, meaning First Data will see the company's risks as a whole, but not for any individual. For questions regarding the health risk assessment, health screenings or wellness programs contact SimplyWell at 877-991-9355.

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