

PEBTF'S GET HEALTHY PROGRAM

Know Your Numbers Wellness Screenings

September 1, 2018 – December 31, 2018
Registration Opens August 1



COMPLETE A WELLNESS SCREENING AND SAVE MONEY!

(For employees only; spouses/domestic partners do not have to participate to earn the savings).

The *Know Your Numbers* wellness screening includes:

- Blood draw that tests for cholesterol and blood glucose (sugar) levels (includes A1C test)
- Height, weight and blood pressure measurements

New for 2018!

A1C screening – a common blood test to diagnose Type 1 and Type 2 diabetes or to gauge how well you are managing your diabetes.

Complete a wellness screening by December 31, 2018 to qualify for the savings for July 1, 2019 – June 30, 2020. For 2018, the savings is \$63.62 per pay, which is subject to change in 2019. Union-represented members should refer to their collective bargaining agreement for details.

REGISTRATION OPENS AUGUST 1 FOR APPOINTMENTS BEGINNING SEPTEMBER 1

Three convenient ways to obtain your wellness screening:

- Onsite screening at select commonwealth worksites (fingerstick blood draw)
- Quest Diagnostics® Patient Service Center (venipuncture blood draw)

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(continued from front)

- Your doctor's office (venipuncture blood draw); fax your Physician Results Form to Quest Diagnostics by December 31, 2018.

REGISTER ONLINE:

- Go to www.pebtf.org on or after August 1.
- Click on the Get Healthy logo on the left side of the home page and follow the instructions. You will need to include an email address.

REGISTER BY PHONE:

If you do not have email or Internet access, call Quest Diagnostics to register for a wellness screening or request a Physician Results Form at 1-855-623-9355 (855-6-BEWELL), Monday – Friday, 8 a.m. – 9:30 p.m. EST and Saturday 8:30 a.m. – 5 p.m. EST.

QUESTIONS?

Contact the PEBTF at 717-561-4750 or 1-800-522-7279 or visit www.pebtf.org.

The PEBTF complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-522-7279 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-522-7279 TTY 711).



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