

The Benefits of a Wellness Screening Program

- ▶ Participation in the Wellness Screenings reduces monthly premium increases.
- ▶ Participation prevents the reduction of benefits and the increases in copays and deductibles.
- ▶ MyActiveHealth offers integrated, cutting-edge resources and programs to members at work, at home and through their doctor.
- ▶ Wellness Screenings provide opportunities to improve members' overall health and energy so they can better enjoy every area of their life.

The Benefits of Having a Wellness Program

- ▶ Wellness Screenings increase early detection and identification of chronic disease.
- ▶ Wellness Screenings and coaching may help improve health outcomes and save lives for members and their spouses.
- ▶ Wellness Screenings educates and encourages members towards lifestyles that lower the risk factors of illness.