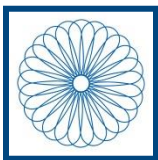


# your PASSPORT to HEALTH™

make progress on your journey to a happier, healthier life AND save **\$150 – 300 per month** on your cost for health insurance in 2014 by staying involved in the **PASSPORT to HEALTH™** wellness program.

## here's how it works...

- get started by completing your confidential health survey & biometric screening by Dec 31, 2013
- In Feb 2014, meet with an Attentive Health coach to discuss your personal goals & requirements
- complete ALL the tasks you are assigned by the due date(s)
- turn in receipts for your physical, preventive screenings & outside programs. use the confidential lock box at Acme, or send it to us via US mail or email.
- if you complete your tasks, you'll continue your savings for 3 more months.
- **IMPORTANT: if you don't complete your assigned tasks, you will LOSE your savings for the remainder of the year!**



## CHECK IN

DUE: DEC 31

### 2 REQUIREMENTS:

1. Complete your personal health survey
2. Participate in the onsite health screening at Acme in December **OR** use a LabCorp voucher by DEC 31 **OR** submit a recent lab & biometric results from your personal physician



## SET GOALS

DUE: MAR 31

### 2 REQUIREMENTS:

1. **Attend a goal-setting meeting with an Attentive Health coach.** This meeting can be done onsite at Acme (for employees) or by phone (for spouses). During this 20- minute session, you'll receive your lab results from biometric screening & be given a personalized PASSPORT for the year. Please use the signup sheet or work with Marion Gendron in HR to schedule your appointment onsite at Acme. Spouses can schedule appointments online at [www.attentivehealth.com/Acme](http://www.attentivehealth.com/Acme) or call us at 877-269-9754.
2. **Submit documentation of an annual physical** (checkup) with your physician since MARCH 2013.

ACME CORRUGATED BOX  
INSURANCE SAVINGS:

Employee = \$150 per month  
+ Spouse = \$150 per month

TOTAL = up to \$300 per month!

... up to \$3,600 per year!

**QUESTIONS? CONTACT US!**

215-530-9751 OR 877-269-9754

[admin@attentivehealth.com](mailto:admin@attentivehealth.com)



**GET ACTIVE**  
DUE: JUN 30

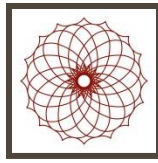
ACTIVITIES

**CHOOSE 1:**

- Acme wellness challenge (TBD)
- fitness log (document 25 pts)
- gym visit receipts (25 visits)
- fitness classes (25 classes)
- sports activity / team
- community 5K or similar

**AND, if you are at risk:**

- 1 – 2 meetings with an Attentive Health coach (20 minutes each), either onsite (for employees) or by phone (for spouses)
- OR an alternative listed below



**PREVENTION**  
DUE: SEPT 30

SCREENINGS

**AS REQUIRED BY AGE & GENDER:**

- gynecological exam since SEPT 2013 (all women)
- mammogram since SEPT 2013 (women age 40+)
- prostate exam since SEPT 2013 (men age 50+)
- colorectal cancer screening (women & men age 50+)
- 2 OPTIONS:
  - colonoscopy since 2003, OR
  - sigmoidoscopy since 2009 AND fecal occult blood test since 2013

**AND, if you are at risk:**

- 1 – 2 additional 20-minute meetings with an Attentive Health coach either onsite (for employees) or by phone (for spouses)
- OR an alternative listed below

**COACHING ALTERNATIVES**

**ATTH Tobacco Cessation Program**  
(NO COST IF COMPLETE)

8 weeks by mail & phone. \$15 per pay for 15 weeks, reimbursed when program is complete. Call us at 1.877.269.9754 to enroll.

**Blue Cross Telephone Coaching**  
(FREE / NO COST)

Speak to a Blue Cross nurse about lifestyle changes or help managing a condition such as: asthma, diabetes, heart disease, etc. Call the IBX Connections program at 1.877.322.WELL to enroll.

**Weight Watchers**

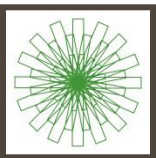
3-month membership required PER QUARTER. (Cost varies. Health plan reimbursement is available if goals are met. Call 1.888.356.7899 for details.)

**ABC Diabetes Education Program**

Call ABC at 215.283.2833 for more information.

**Other Pre-Approved Program**

Call us at 1.877.269.9754 to get approval first.



PROGRESS

**BONUS!**

DUE: DEC 2014

\* if you think you will be unable to meet the standard goal, you can contact us at 1.877.269.9754 to request an alternative goal.

**ELIMINATE 1 OF THESE HEALTH RISKS:**

quit tobacco (& pass nicotine test)

achieve Body Mass Index of < 27.5 lose 10% of body weight (\_\_\_ lbs)

achieve cholesterol / HDL ratio < 5

achieve blood pressure < 140/90

achieve fasting blood glucose < 100 OR diabetics A1C < 7%

**OR demonstrate ALL 5 standards above\***

**& EARN A \$100 GIFT CARD in JANUARY 2015!**