

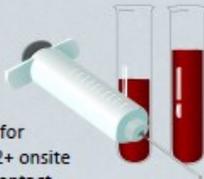
Did you know?

5TH ANNUAL BIOMETRIC SCREENING PROGRAM JUNE 1ST – OCTOBER 31ST, 2016

All members who participate in the Benefit Fund are required to complete the following TWO items by October 31, 2016:

1. Quest Bloodwork

1. Schedule an appointment at a Quest Patient Service Center or an onsite event by logging onto : <https://my.questforhealth.com> or calling the Blueprint for Wellness Call Center at 1-855-623-9355. There will be 12+ onsite events at various locations during the program. Please contact your Organizer or The Benefit Fund for a schedule or log onto www.1199cfunds.org.
2. To register, you WILL NEED THE FOLLOWING INFORMATION TO GET YOUR BLOODWORK DONE:
 - Registration Key: 1199c
 - Unique ID: 1199+ First and Last initials+ last 4 of your SSN
 - Example: John Smith SSN 123-45-6789, Unique ID: 1199JS6789



** If you choose to go to your Physician to complete the requirement, you will need to request a Physician Form from the Benefit Fund office. Bloodwork results from your physician can only be used if they were collected between June 1st – October 31st 2016. You MUST ensure the doctor completes the physician form with all results and have the doctor fax the results back to Quest at the number printed on the form by November 14, 2016.

2. Aetna Health Assessment



1. Log in to your secure account on Aetna navigator at www.Aetna.Com. Once logged in, click on "take a health assessment" located in the blue box on the left side of the page.
2. On the next page, click the blue square with the number 1 to begin your health assessment.
3. You have not completed the requirement until you see, "compass results page." This page will have your username and score with the date. **PRINT a copy of this page for your records.** If you do not have a printer, take a picture of the results screen with a smartphone and save the image.

Frequently Asked Questions >>>

Q: I received a notice about the biometrics program in the mail. I am a relatively new benefit fund member. How do I know if I am required to complete the program?

A: If you have benefits through the Benefit Fund, and you have passed your probationary period, you are most likely on the required list for 2015. If you are unsure, please contact member services and they can let you know if you are required to complete the program in 2015.

Have a question? Contact the Benefit Fund at (215) 735-5720.
1319 Locust Street, 3rd Floor, Philadelphia, PA 19107

Recipe of the Month



Sausage and Pepper Skewers

Ingredients

- 1 cup couscous
- 2 bell peppers (red and yellow), cut into chunks
- 1 (12-ounce) package chicken sausage (preferably garlic-flavored), cut into 1-inch pieces
- 1 large red onion, cut into chunks
- 1 cup cherry tomatoes
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 4 scallions, roughly chopped
- 1 tablespoon white wine vinegar

1. Soak eight 8-inch skewers in water, at least 15 minutes. Preheat a grill or grill pan to medium high. Prepare the couscous as the label directs.
2. Meanwhile, toss the bell peppers, sausage, onion and tomatoes in a bowl with 1 tablespoon olive oil; season with salt and pepper. Thread onto the skewers, alternating the sausage and vegetables. Grill, turning, until the vegetables are slightly softened and the sausage begins to brown, 6 to 7 minutes.
3. Meanwhile, puree the parsley, cilantro and scallions in a blender with the remaining 2 tablespoons olive oil, the vinegar and 2 tablespoons water. Season with salt and pepper. Brush the skewers with some of the pesto and continue to cook, turning, until the tomatoes are tender and the sausage is charred, 6 to 7 more minutes.
4. Toss the couscous with half of the remaining pesto and season with salt and pepper. Serve with the skewers and the remaining pesto, for dipping.

Per serving: Calories 396; Fat 13 g (Saturated 2 g); Cholesterol 56 mg; Sodium 356 mg; Carbohydrate 45 g; Fiber 5 g; Protein 24 g