

Dear 1199C Benefit Fund Member,

We're kicking off another year of the Biometric Screening and Health Risk Assessment Program! Here's what you need to know to participate and earn your weekly \$20 health and welfare credit.

Schedule a biometric screening

There are two ways to get your biometric screening:



Bring the enclosed Labcorp voucher with you to any Labcorp location. Find a Labcorp near you at labcorp.com/labs-and-appointments.



Join us at the 1199C Fund Office on **August 16, September 27, or October 18, 2024** between 10 a.m. and 4 p.m. Schedule your onsite appointment at pickatime.com/District1199C.

Complete your Health Risk Assessment

Achieve your health and well-being goals in a way that is simple, easy, and fun with personalized well-being tools from Independence Blue Cross.

To get started, complete your Health Risk Assessment online!* Here's how:

1. Register or log in at ibx.com.
2. Select *Complete my Well-being Profile* from the *Health & Well-being* menu at the top.
3. Answer all questions from each assessment to complete your Well-being Profile.

New this year! Attend a wellness fair

Join us for a day of health and wellness on August 16, September 27, or October 18, 2024 from 10 a.m. to 4 p.m. at the 1199C Fund Office.

The fair will feature:

- **Biometric screenings:** Get your health numbers checked. To schedule a biometric screening onsite during one of the wellness fairs, visit pickatime.com/District1199C.
- **Health Risk Assessment:** Laptop stations will be available to fill out your Health Risk Assessment.
- **Chair massage:** Relax and unwind.
- **Digital well-being resources:** Hear from On the Goga to learn ways to include wellness in your daily life.
- **Giveaways:** There will be exciting prizes and free items!
- **Registered dietitians and health coaches:** Get personalized, expert advice.
- **Smoothie stations:** Enjoy delicious and nutritious smoothies.
- **Stress management support:** Get tips and strategies for managing stress.
- **Stretching stations:** Learn and practice effective stretching techniques.

Please note: Failure to complete one or both of the program requirements (a biometric screening and a Health Risk Assessment) will result in a 12-month health and welfare contribution surcharge of \$20 per week starting March 1, 2025. If you were already paying the surcharge from last year and you completed the biometric screening, you will not be required to pay an additional surcharge.

Questions?

Call Benefit Fund member services at **215-735-5720** or toll-free at **1-800-531-1199**.

*See enclosed step-by-step guide to walk you through completing your Health Risk Assessment.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

