In early April, you received your Get Healthy letter notifying you if you earned the health care contribution waiver beginning July 2016. If you earned the waiver, you are among the 81 percent of employees who did.

The wellness screenings are offered to you so you can see how well you are doing in key areas of health – cholesterol (total and HDL), glucose (sugar), blood pressure and Body Mass Index (BMI). You can compare your results over the years by visiting www.pebtf.org and clicking on the Get Healthy logo to access the Quest Diagnostics site. In addition, completion of a wellness screening (employee and covered spouse/domestic partner) allows you to save money on your health care contribution.

The PEBTF uses the aggregate results to focus on programs that will help members improve their health. Quest Diagnostics reports aggregate data only – no individual results are available – and this allows us to focus on the membership as a whole. We now have aggregate data for three years for employees and two years for spouses/domestic partners.

So how did we do? Let’s take a look at the results of the 2015 wellness screenings.

- Of the 112,029 eligible employees and spouses/domestic partners, 92,081 or 82 percent completed a wellness screening. The percentage of completions was higher than 2014, which is great news – more members *Know Their Numbers* and more employees are saving money.

- In total, PEBTF members showed improvements in blood pressure and cholesterol HDL ratio. Average total cholesterol was below 200 for all age groups. Average glucose values were good for those younger than age 44 but increased slightly for those over age 45.

The PEBTF has shared member success story articles in past newsletters. If you have a success story to share, email communications@pebtf.org or call 1-800-522-7279 and ask for Communications.

(Continued on Page 2)
Employee Data: Let’s take a look at the three year comparisons for employees:

- **Blood Pressure:** 65 percent of the employees with high blood pressure improved their numbers from 2013 to 2015.

- **Glucose (sugar):** 46 percent of employees with high glucose readings in 2013 improved their readings and brought that value within the moderate or low risk range in 2013 and 2015.

- **Cholesterol:** HDL stands for high density lipoprotein, which is the good cholesterol. The higher the number the better for a decreased risk of heart disease. The data shows that 27 percent of those with HDL in the risk level in 2013 were able to bring that measurement into the normal range by 2015.

- **Body Mass Index:** Body mass index (BMI) is an indication of body size and by association body fat. The good news is that 9 percent of employees with BMI in the high risk level in 2013 brought that value within moderate or low risk by 2015. Improvements in BMI take some time and we hope to see better numbers in the coming years.
Spouse/Domestic Partner Data: Below is the data for two years of analysis for spouses/domestic partners:

- **Blood Pressure:** 58 percent of the spouses/domestic partners with high blood pressure improved their numbers from 2014 to 2015.

- **Glucose (sugar):** 38 percent of spouses/domestic partners with high glucose readings in 2014 improved their readings and brought that value within the moderate or low risk range in 2015.

- **Cholesterol:** 23 percent of spouses/domestic partners with HDL in the elevated risk level in 2014 were able to bring that measurement into the normal range by 2015.

- **Body Mass Index:** 10 percent of spouses/domestic partners with BMI in the high risk level in 2014 brought that value within moderate or low risk by 2015.

Want to improve your health and your wellness screening results? Consider participating in one of the active (fitness) challenges offered by the PEBTF. See page 4 for more information.
Improve Your Wellness Screening Results

While genetics plays a part in the wellness screening results, there are things you can do to improve your health and, hopefully, improve your numbers year after year.

• **Stop smoking.** The PEBTF offers the Quit For Life® Program. Call 1-866-QUIT-4-LIFE to get started.

• **Eat a healthy diet.** Include plenty of fruits and vegetables and cut down on saturated fat.

• **Monitor your blood pressure.** Talk to your doctor about your results and discuss these lifestyle options as well as any medications to help improve your health.

According to the Centers for Disease Control and Prevention, people with high total cholesterol have twice the risk of heart disease as people with optimal levels (optimal is below 200 mg/dL).

Obesity rates in the U.S. just surpassed 38 percent, up from 35 percent in 2012.

• **Exercise regularly.** The American Heart Association recommends at least 30 minutes of moderate intensity aerobic activity 5 days per week for a total of 150 minutes. Moderate intensity includes brisk walking, biking slowly, ballroom dancing, and water aerobics. If you do higher-intensity aerobic activity, such as running, just 25 minutes, 3 days per week for a total of 75 minutes is recommended. You can also break it up into smaller chunks of time – just make sure you do at least 10 minutes at a time. See below for the active challenges the PEBTF is offering in 2016.

Get Healthy Program Offers Active Challenges

The PEBTF has partnered with ActiveHealth and ShapeUp to offer activity challenges. The first challenge was **Ready, Set, Go**, which was offered in fall 2015. The second challenge, the **Appalachian Trail Challenge**, began on April 11. For those of you who signed up, we hope you are enjoying hiking the “virtual” Appalachian Trail.

Watch your email and worksite bulletin boards for more information on the next challenge, **European Expedition**, which will begin in the fall.

**European Expedition – September 26 to November 20, 2016**

• 8-week challenge

• Destination challenge similar to the Appalachian Trail Challenge but this challenge takes you from the Netherlands to Greece
MyActiveHealth Website

Don’t forget the MyActiveHealth website is always available to PEBTF employees and covered spouses/domestic partners. The website offers a great deal of health information that you can access at any time of day, any day of the week.

Visit, www.pebtf.org, click on the Get Healthy logo and then MyActiveHealth to get started. You will create an account which includes a username and password that you will use each time you visit the site.

Healthy Eating is Now Easier than Ever

Here’s how it works:

- **Pile on the good stuff.** Make half of your plate fruits and veggies.
- **Get lean with protein.** Fill a quarter of your plate with lean protein to keep you full between meals.
- **Go for color.** Foods that are vibrant in color usually pack the most nutritive punch.
- **Fill with fiber.** Put whole grains on a quarter of your plate to make that meal last.
- **Choose low-fat dairy options.** Add fat-free or low fat milk, yogurt or cheese.
- **Mind your drink.** Opt for low-calorie drinks such as water and unsweetened tea.

Remember these helpful tips:

- **Write down what you eat.** You will make better choices. There are also apps that help you track your foods on your mobile device.
- **Don’t skip meals.** Eat every 3 to 5 hours.
- **Use a smaller plate for smaller portions.** Honestly, it works!
- **Get family support for your healthy lifestyle.** Include loved ones and friends.
- **Recognize when you are full.** And don’t wait until you are famished to refuel.
- **Try to stick to your plan 80 percent of the time.** Nobody’s perfect, so don’t get frustrated if you have an occasional slip up.

Source: ActiveHealth Management, Inc.

Get Healthy Offers Health Webinars That You May View Anytime

The PEBTF has partnered with the company, ActiveHealth Management, to bring you webinars on a variety of health topics. Topics include Controlling Your Blood Pressure; Women’s Health and Think Well, Live Healthy; just to name a few.

Visit www.pebtf.org, click on the Get Healthy logo and select Get Healthy Webinars to see what is offered. Each webinar lasts about 30 minutes.

The MyPlate guidelines make it easy to fill your plate with the essential food groups. Balance your diet with the four food groups (plus some dairy) and you’re on the right track. Visit www.choosemyplate.gov for more information.
Spouse/Domestic Partner Annual Attestation
For Employees Hired on or After August 1, 2003

The annual attestation period will be held from June 1 through July 31, 2016 for members who have a spouse/domestic partner enrolled for PEBTF benefits. Information will be sent to the employee’s mailing address (or permanent address if there is no mailing address). Please follow the instructions for completing the attestation and please do so by the due date. If you do not complete the annual attestation, your spouse/domestic partner will be terminated from PEBTF health benefits. Instructions will be included in the letter you receive.

Eligibility rules for employees hired on or after August 1, 2003:
If your spouse/domestic partner is eligible for medical, prescription drug or supplemental benefits (vision, dental or hearing aid) coverage through his or her own employer, your spouse/domestic partner must take his or her employer’s coverage as primary coverage regardless of any employee contribution your spouse/domestic partner must pay and regardless of whether your spouse/domestic partner had been offered an incentive to decline such coverage. This rule does not apply if your spouse/domestic partner is self-employed. PEBTF coverage for your spouse/domestic partner is limited to secondary coverage.

PEBTF May Cancel Your Coverage for Fraud or Intentional Misrepresentation

IMPORTANT: If you intentionally provide false or misleading information about eligibility for coverage under the PEBTF Plan (or about a claim) or you fail to make a required contribution on time, your coverage may be terminated retroactively. This may occur, for example, if you file a false claim, fail to notify us promptly of a divorce or fail to submit timely proof of birth or adoption that verifies your relationship with a new child whom you have added as a dependent.
PEBTF’s Logo and Website Get an Updated Look

The new PEBTF logo made its debut on the PEBTF website in March. In the coming months, we will be transitioning the letterhead and other PEBTF printed materials to feature this new logo.

Check out the redesigned website at www.pebtf.org. While much of the content has not changed, the website is more colorful and includes large photos in the center of the home page. These photos will be used to highlight important information. One click on the photo and you’ll be able to get additional information about the topic. Recently, we highlighted the registration for the Appalachian Trail Challenge. In future months, you will see photos to highlight Spouse/Domestic Partner Attestation, Open Enrollment, and more.

Find Us on Facebook

Visit the PEBTF’s Facebook page for benefit news, information about Get Healthy programs, preventive care, open enrollment and more. Search PEBTF and look for the new PEBTF logo in the profile picture.
Your Important Health Benefits

Health Observances Focused on Women and Men

Mother’s Day, May 8, marks the beginning of Women’s Health Week. Then, in June, the focus is on men with Men’s Health Week from June 13 to June 19 to coincide with Father’s Day.

The purpose of these observances is to remind both women and men to take care of themselves and get the necessary check-ups and preventive care screenings.

- Did you know that women are 100 percent more likely than men to visit the doctor for annual examinations and preventive services? Take advantage of the preventive care services provided to PEBTF members at no cost. Visit www.pebtf.org and click on the Active Members tab to access the preventive benefit charts.
- 1 in 2 men are diagnosed with cancer in their lifetimes compared to 1 in 3 women.
- Men have fewer infection-fighting T-cells and are thought to have weaker immune systems than women.
- By the age of 100, women outnumber men by eight to one.

Eat healthy, get moving, avoid unhealthy behaviors such as smoking, and make prevention a priority so you can live a healthier life.

Source: www.womenshealth.gov; www.menshealthmonth.org