



150 S. 43rd Street
Harrisburg, PA 17111

Local: 717.561.4750
Toll Free: 800.522.7279

PEBTF telephone hours:
8 a.m. – 5 p.m. Tuesday – Friday
8 a.m. – 6 p.m. Monday (or 1st
day following a holiday weekend)



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PEBTF's Get Healthy Program

Fifth Annual *Know Your Numbers* Wellness Screenings

September 1, 2017 – December 31, 2017 | For Employees Only | Registration Opens August 1

The fifth annual Get Healthy *Know Your Numbers* wellness screening period will be held **September 1 to December 31, 2017**. Wellness screenings are offered to employees enrolled in PEBTF medical, prescription drug and/or supplemental benefits. **Your covered spouse/domestic partner is not required to complete a *Know Your Numbers* wellness screening in 2017** in order for you to avoid the employee contribution surcharge.

The *Know Your Numbers* wellness screening looks at four measurements:

- Cholesterol
- Blood glucose (sugar)
- Blood pressure
- Height and weight to calculate Body Mass Index (BMI)

Knowing these four measurements could save your life – especially if you have a reading that is beyond the healthy range, such as high blood pressure.

There are three convenient ways to obtain your wellness screening:

- Onsite screening at select commonwealth worksites (fingerstick blood draw)*
- Quest Diagnostics® Patient Service Center (venipuncture blood draw)
- Your doctor's office (venipuncture blood draw); you must fax your completed Physician Results Form to Quest Diagnostics by December 31, 2017 – you may be responsible for a copayment

Fasting is encouraged, but not required, prior to your wellness screening. However, your results will be more accurate if you do not have any food or drink except water 9 to 12 hours prior to the test. Remember to drink plenty of water and take all medications as prescribed by your doctor.

For a comparison of the screening methods, Helpful Tips and FAQs, visit www.pebtf.org and click on the Get Healthy logo on the left side of the home page.

Requirement for Get Healthy Program:

The deadline to complete wellness screening requirements is December 31, 2017 to qualify for the savings for July 1, 2018 – June 30, 2019. For 2017, the savings is \$62.19 per pay. This amount is subject to change for 2018. Union-represented members should refer to their collective bargaining agreement for details.

GET HEALTHY PROGRAM'S 2017 *KNOW YOUR NUMBERS*
WELLNESS SCREENINGS (FOR EMPLOYEES ONLY)

PEBTF's Get Healthy Program

Know Your Numbers Wellness Screenings | September 1, 2017 – December 31, 2017



Registration opens **August 1, 2017**. Register online to make an appointment at an onsite event or Quest Diagnostics Patient Service Center or to print your personalized Physician Results Form. Register early for a wellness screening at an onsite event to make sure you get your preferred location and time. Registration for an onsite event will close two weeks prior to the event.

***NOTE:** State correctional institutions (SCIs) are open only to employees who work at that facility. **DO NOT** register for an event at an SCI unless you work there.

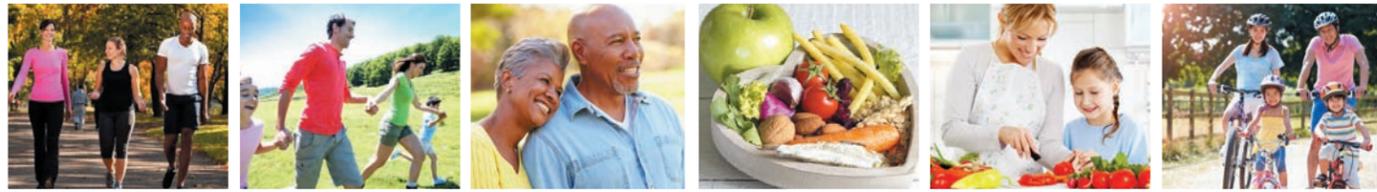
Wellness Screening Benefits You

Participating in the Get Healthy *Know Your Numbers* wellness screening is voluntary. The 2017 wellness screenings are offered to employees enrolled in PEBTF benefits. The wellness screening gives you valuable information about your health so you know areas where you are doing well and areas that may need improvement. You should provide your doctor with a copy of your results so you can discuss any follow-up that may be needed.

Wellness Screening Saves You Money

If you successfully complete a wellness screening by December 31, 2017, you will not pay the employee contribution surcharge beginning July 1, 2018. For details, refer to your applicable collective bargaining agreement/memorandum of understanding.





Registration opens August 1, 2017 for appointments beginning September 1

To make an appointment at an onsite event or Quest Diagnostics Patient Service Center or to print a Physician Results Form:

Register Online:

1. Go to www.pebtf.org on or after August 1.
2. Click on the Get Healthy logo on the left side of the home page and follow the instructions. You will need to include an email address.**
3. Schedule your wellness screening at an onsite event or Quest Diagnostics Patient Service Center or print a Physician Results Form to take to your doctor's office.
4. Watch your mail for your printed report. Your results will arrive two to three weeks after your test (Patient Service Center and Physician Results Form only). Your results are proof that your wellness screening was recorded by Quest Diagnostics. If you provided an email address, you will also receive an email notice when "results are ready." If you do not receive your results, contact Quest Diagnostics.

The onsite events will be offered through mid-December 2017. Registration for each onsite event will close two weeks prior to the event.

**If you do not have an email address, you may register by phone (see instructions below).

Any questions or issues with online registration may be directed to Quest Diagnostics Health & Wellness Customer Support by email at wellness@questdiagnostics.com or by calling 1-855-623-9355 (855-6-BE-WELL), Monday – Friday, 8 a.m. – 9:30 p.m. EST and Saturday 8:30 a.m. – 5 p.m. EST.

Register by Phone:

If you do not have access to a computer or you do not have an email address, you may call Quest Diagnostics to register for a wellness screening or request a Physician Results Form at 1-855-623-9355 (855-6-BE-WELL), Monday – Friday, 8 a.m. – 9:30 p.m. EST and Saturday 8:30 a.m. – 5 p.m. EST.

Discrimination is Against the Law

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact the Civil Rights Coordinator.

If you believe that the Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Civil Rights Coordinator, PEBTF, Mailstop: CRAC, 150 S. 43rd Street, Harrisburg, PA 17111, 1-800-522-7279, TTY number—711, Fax: 717-307-3372, Email: CivilRightsCoordinator@pebtf.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-522-7279 (TTY: 711).

注意: 如果您使用繁體中文, 您可以免費獲得語音輔助服務。請致電 1-800-522-7279 (TTY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-522-7279 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-522-7279 (TTY: 711).

Wann du Deitsch (Pennsylvania German / Dutch) schwetzsch, kannsch du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-800-522-7279 (TTY: 711).

주요: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-522-7279 (TTY: 711). 번으로 전화해 주십시오.

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-522-7279 (TTY: 711).

(رقم 1-800-522-7279 ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-522-7279. (TTY: 711).

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-522-7279 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-522-7279 (TTY: 711).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-522-7279 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-522-7279 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-522-7279 (TTY: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតលុយ គឺអាចមានសំរាប់បំរើអ្នក។ ចូរ ទូរស័ព្ទ 1-800-522-7279 (TTY: 711)។

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-522-7279 (TTY: 711).