

PEBTF'S GET HEALTHY PROGRAM

Know Your Numbers Wellness Screenings

August 1, 2021 – December 31, 2021
Registration Opens July 1



Health Check

THE GET HEALTHY *KNOW YOUR NUMBERS* WELLNESS SCREENING IS BACK!

Complete a **Know Your Numbers** wellness screening and save money. Your wellness screening includes:

- Blood draw that tests for cholesterol and blood glucose (sugar) levels (includes A1C test)
- Height, weight and blood pressure measurements

Complete your wellness screening by December 31, 2021, to qualify for the savings for July 1, 2022 through June 30, 2023.

REGISTRATION OPENS JULY 1

Three convenient ways to obtain your wellness screening:

- Quest Diagnostics® Patient Service Center (venipuncture blood draw). **New for this year** – you are strongly encouraged to make an appointment and not schedule as a walk-in, which will cut down on wait time.
- Your doctor's office (venipuncture blood draw); upload or fax your completed form to Quest Diagnostics by December 31, 2021.
- **Limited** onsite screenings at select commonwealth worksites (finger-stick blood draw). Onsite events will be scheduled later in the year. Don't wait – it's recommended that you schedule early at a Quest Diagnostics PSC or visit your doctor.

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REGISTER ONLINE:

- Go to www.pebtf.org on or after July 1.
- 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.

REGISTER BY PHONE:

If you do not have email or Internet access, call Quest Diagnostics to register for a wellness screening or request a Physician Results Form at 1-855-623-9355 (855-6-BEWELL), Monday – Friday, 8 a.m. – 8 p.m. EST and Saturday 8:30 a.m. – 3 p.m. EST.

QUESTIONS?

Contact the PEBTF at 717-561-4750 or 1-800-522-7279 or visit www.pebtf.org.

The PEBTF complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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，您可以免費獲得語言援助服務。請致電 1-800-522-7279 (TTY 711)。



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