

Be healthy in 2013 and lower your deductible!

Egyptian Area Schools cares about the health of you and your family, which is why we partner with *Coordinated Health/Care*. When you complete the requirements below, you will be on your way to a healthier lifestyle and a lower deductible.

If you are in the Platinum, Gold, or Silver plan, the employee deductible will decrease by \$100. If you have a family plan, each family member's deductible will be reduced by \$100 (but with a limit of up to \$300). If you're in the Bronze plan, the employee and all other family members will pay 10% less after you meet the deductible (the co-insurance level paid by the plan will increase by 10% for everyone on the plan).

In order to be eligible for a lower deductible, participation is required by Egyptian Area Schools employees only. (This includes retired employees and individuals covered by COBRA.) Dependents do not need to complete the requirements.

Complete the following requirements to earn a lower deductible in 2014:

- **Designate a Primary Doctor.**
- **Enter your biometrics results online.**

Your biometrics screening results include height, weight, blood pressure, total cholesterol, LDL, HDL, triglycerides, and glucose.

If you've already visited your Primary Doctor, your biometrics screening results must have been obtained between September 1, 2012 and September 30, 2013.

There are several ways to obtain your biometrics results:

- Visit your Primary Doctor.
- Visit your county health department or other out-of-network provider. Egyptian Trust will pay up to \$75 of the cost.
- Onsite screenings may be an option for some districts. Your administration will communicate if this is available to you.
- Obtain a prescription or order for blood work from your Primary Doctor and take it to a Lab Card facility. To locate a Lab Card facility, go to www.labcard.com.

- **Complete your online Wellness Assessment (HRA).**

Please note: *Coordinated Health/Care* keeps your health information confidential and does not share it with Egyptian Area Schools.

To lower your deductible, go to www.eitrust.org and click the Egyptian Area Schools logo. Then, under Health & Wellness, click "Your Incentive Checklist" and log on or register and follow the instructions to complete the above requirements. All results must be reported to *Coordinated Health/Care* by September 30, 2013.

If you have any questions about your requirements, please contact your Care Coordinators at 1-855-452-9997 or visit www.eitrust.org.



EGYPTIAN
AREA SCHOOLS

Coordinated
Health/Care

Biometrics Screening Results Form

Use this form to record your physician biometrics screening results and enter them online.

As a benefit to you and your coworkers, Egyptian Area Schools has implemented a Wellness Program. The first step of this program is to complete your biometrics screening and submit your results to *Egyptian Area Schools Coordinated Health/Care*.

Fill in your biometrics information below:

Your Name: _____

Height: _____ Weight: _____

Blood Pressure: _____ Total Cholesterol: _____

HDL: _____ LDL: _____

Triglycerides: _____ Glucose: _____

Physician Name: _____ Physician Phone: _____

Next, go to www.egtrust.org and click the *Egyptian Area Schools Coordinated Health/Care* logo. Then, under Health and Wellness, click "Your Incentive Checklist" and enter your biometrics results.

Once submitted, please be sure to review which activities you still need to complete.

For more information about *Egyptian Area Schools Coordinated Health/Care* contact your Care Coordinators at 1-855-452-9997.

