

# Sign up now to complete your wellbeing assessment at a local lab today.

## What is the wellbeing assessment?

It's a two-part review of your current overall wellbeing. It includes a simple biometric screening that is done onsite or at a lab. Screenings check your blood pressure, cholesterol, blood sugar, kidney, liver, gallbladder and gastrointestinal function. There's also an online health & lifestyle survey that asks questions about the physical, emotional, social and financial aspects of your life and provides information on the effects of your lifestyle choices.



## What is the cost to participate?

There is no out-of-pocket cost to you to participate!



## What do I earn if I participate?

All employees who participate in the wellbeing assessment will be eligible for a premium differential!



## How do I sign up?

1. Enter your program code 5550Har188 in the "New Participants" box and select "Register."
2. Complete the cards on your Wellbeing Journey page to successfully register for the remote screening.
3. To complete your remote screening, print out or display on your phone, the two forms needed at your local LabCorp facility.

## Returning Members

Enter your username & password in the "Individual Login" box and select "Log in." Select the "Join a Wellness Program" card on the Journey page and enter in program code 5550Har188.

**Need help?** If you need help during the sign-up process or if you have questions about your program, call 866-373-4242.

## Visit a LabCorp facility by the end of the month!

Remember, you must register through your CHC portal before going to a LabCorp facility. Once you have registered and completed the health & lifestyle survey, go to [www.labcorp.com](http://www.labcorp.com) to find a facility nearest to you and to set an appointment. Appointments are not needed but recommended.



This is a fasting test! For the most precise results, you should fast 10-12 hours before testing. You cannot eat but may drink black coffee or tea (no cream or sugar). If you are on prescription medication, please take your medication as instructed by your physician. If you are diabetic or hypoglycemic, consult your physician for fasting instructions. Be sure to drink plenty of water.

## Reasonable Alternative

If you are unable to achieve the standards for the reward under this program due to a medical condition, you may request a Reasonable Alternative Standard (RAS) through your portal. Submit your request within 30 days of your screening. If you are unable to submit the request through your portal, please call CHC at 866-373-4242.

*You must complete and submit your RAS form by October 31st*

## What can I expect following my wellbeing assessment?

The results of your wellbeing assessment will include suggestions for free tools and other personal support from CHC Wellbeing that can help you achieve your wellbeing goals and keep you moving forward.

