

Know Your Numbers & Save \$300-\$600 Annually in Health Plan Premiums



Schedule your Biometric Screening on-line or by calling Health Advocate

APS employees and their spouses/domestic partners who have health insurance through the district have the opportunity to keep premiums down for the sixth straight year by participating in the 2016 Employee Wellness Incentive Program.

The program includes biometric health screenings and the completion of a tobacco affidavit. The program also provides many health tools and resources to help you reach your personal health goals.

See the Perspectives newsletter from August 13th or visit www.aps.edu/human-resources/benefits for more information to:

- Schedule your biometric screening appointment
- Complete the tobacco affidavit
- Take advantage of health tools and resources

Participation is voluntary; however, in order to receive the savings for the new plan year effective January 1, 2016, employees, spouses/domestic partners must complete a biometric health screening and sign a tobacco affidavit by **September 30, 2015**.

Biometric Screening Information

- All biometric screenings will be administered by licensed health professionals of Health Advocate.
- Screenings include a full lipid panel (total cholesterol, HDL, cholesterol ratio, LDL, triglycerides & glucose), blood pressure, and body composition.
- You will need to fast for 8 hours prior to your screening (only water is permitted).
- Screenings are done via finger stick with results received in minutes and the information will be held confidential.

Biometric Screening Schedule for July 1, 2015 through September 30, 2015

Dates	Location	Room	Time
July 1 – August 31, 2015 including Saturday's (no screenings on July 3 rd or July 4 th)	Bruce & Alice King Educational Complex (City Centre)	West Tower Conference Rooms – 1 st floor	By appointment 6:00 a.m. to 11:00 a.m.
August 24 – 28, 2015	Lincoln Complex, Maintenance & Operations	Conference Room	By appointment 6:00 a.m. to 11:00 a.m.
September, 2015	Scheduled School Sites	Schedule available on the APS website/ Benefits	By appointment 7:00 a.m. to 12:00 p.m.
Saturday's in September	Bruce & Alice King Educational Complex (City Centre)	West Tower Conference Rooms – 1 st floor	By appointment 6:00 a.m. to 11:00 a.m.

Biometric Screening are done by appointment To schedule your appointment

(The registration and scheduling process has changed from previous years, complete instructions are available at <http://www.aps.edu/human-resources/benefits>)

- Go to HealthAdvocate.com/members and follow the prompts to register

Click on “Schedule”

- Complete the scheduler prompts to make an appointment

- Or, you can call 800-970-1263 to schedule your screening