

TAKE CHARGE of your health and SAVE \$130.*



Congratulations on your new position at The Children's Hospital of Philadelphia, where we are committed to nurturing a culture of wellness among our employees. As you embark on this new beginning, we offer a variety of benefits to help you take charge of your health for a happier, healthier you, and save money while doing so.

New employees who complete both a health screening AND an online Health Risk Assessment within 90 days of their hire date will save \$130* off their medical insurance premium. Here are the steps you need to take to earn these savings:

Step 1: Complete a Health Screening.

A health screening allows you to learn your health numbers — blood pressure, total cholesterol (HDL/LDL/triglycerides), blood glucose, height, weight and body mass index (BMI) — and identify any potential risks so you can seek proper treatment. All results are completely confidential and will be kept on record so you can compare results against previous measurements. See the box to the right for the ways to complete your health screening.

Step 2: Take the Online Health Risk Assessment.

A simple online questionnaire called a Health Risk Assessment (HRA) determines your health risks and helps you find out how to minimize them. You can complete the HRA when you enroll for your medical insurance. When you log on to EnrollOnline.com/chop, you will be prompted to take the HRA. After completing the HRA, you can print a personal health report that will help you learn possible ways to reduce any current health risks you may have.

**You will save \$5 per pay period on your insurance premium.*

There are two ways to complete your health screening:

- 1 Visit the CHOP Benefits site on the Employee Intranet and download a voucher for a free health screening at the Walgreens Take Care Clinic closest to you. Employees who work more than 10 miles from a Take Care Clinic site are eligible to receive a home kit.
- 2 Visit your primary care provider to have the screening completed, or obtain records of a recently completed health screening from your physician (results must be from the past 12 months), and mail them to:
**Impact Health; Attn: Data Department –
CHOP 2010; 1040 First Ave.;
King of Prussia, PA 19406.**

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 The Children's Hospital of Philadelphia®

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