

HEALTH RISK CHECK-UP

Beginning January 2014 and each year thereafter all insured employees will have their health screening during their birthday month.

Risk Management will send out ONE reminder in the month prior to your birthday month. It will go to the address you have listed in the payroll system. If you do not get your HRC completed by the end of your birthday month at CareHere or your Private Physician, you will have to pay an extra \$12.50 per pay period until your next birthday. Your first deduction for not having completed the HRC will begin two months after your birth month.

If you go to your private physician to have this done, it must be completed in the same time period and you must complete the private physician form that is included on the next page. It is your responsibility to return your private physician form to Risk Management.

YOU MUST FAST FOR TWELVE HOURS PRIOR TO HAVING BLOOD DRAWN AND DRINK PLENTY OF WATER.

AT CAREHERE YOU MUST EITHER GO BACK FOR YOUR FOLLOW-UP OR HAVE A PHONE CONSULTATION TO DISCUSS YOUR LAB RESULTS.

YOU MAY GO ONLINE TO www.carehere.com

OR CALL 1-877-423-1330 FOR AN APPOINTMENT

