

## HOW TO GET A HEALTH SCREENING

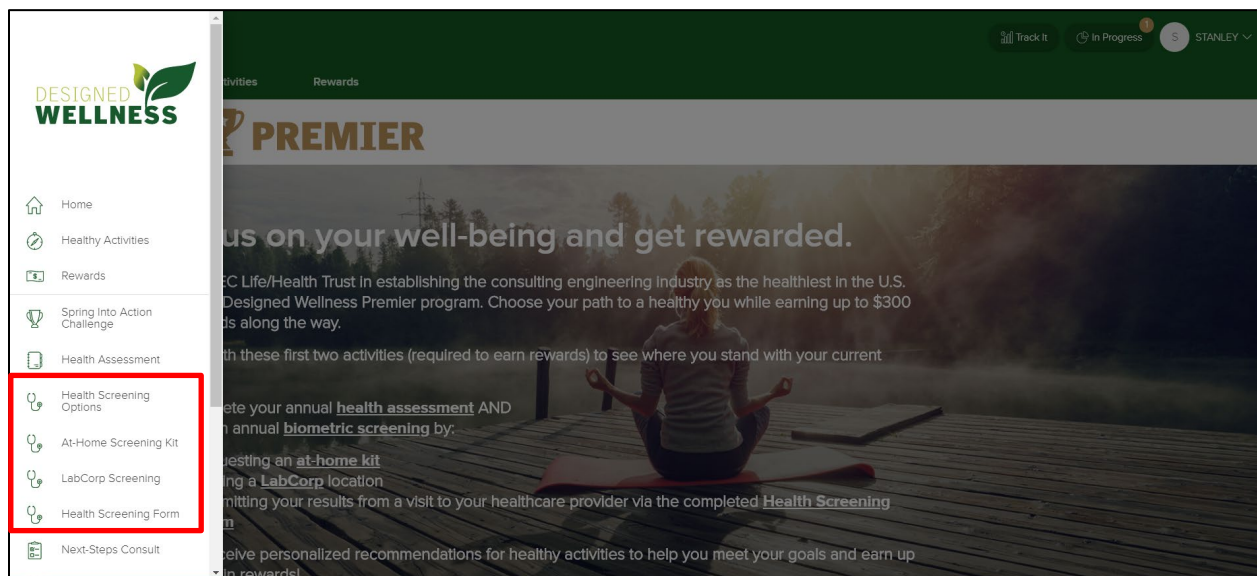
It's important for you to know your numbers to manage your health. At a health screening, you will learn your cholesterol, blood pressure, glucose and body mass index—key indicators of your health and your risk for serious illness.

To schedule a health screening, go to **DesignedWellness.RedBrickHealth.com**. From your Designed Wellness homepage, click on one of the following links from the left navigation menu:

- **Health Screening Options:** for more information on each screening option, and to view results from any previous screenings
- **At-Home Screening Kit:** if you're unable to complete a screening via any of the other options, request a kit to collect a blood sample taken from your finger and mail it to CoreMedica's Wellness Division for processing. **Please note that we cannot ship kits to New York.**
- **LabCorp Screening:** download a voucher and visit a LabCorp location for a free screening. They will submit your results to RedBrick on your behalf.
- **Health Screening Form:** schedule a screening with your healthcare provider and ask them to complete and sign this form. You or your provider can submit results to RedBrick via mail, fax or electronic upload.

For your convenience, on-site screening events are offered at select locations throughout the year. These events are quick, easy and free. Check with your firm administrator to find out if you have an upcoming event.

Once RedBrick Health receives your results, it can take up to 10 business days for you to see them online.



Questions on how you can prepare for your screening? Click the **Health Screening Options** link for tips to get ready for your health screening.



## Health Screenings

A health screening is a snapshot of your health. Getting tested can reveal health risks early, when they are easier to prevent or treat. The results are also helpful if you want to reach a personal health goal. Small tweaks to your daily habits can often help improve your results.

### How to get ready for your health screening.

**1. Schedule your appointment**

Schedule a health screening appointment at a location or with a provider that works best for you.

**2. Prepare for your appointment**

You only need to prepare if you are doing a fasting screening. (Note: for some medical conditions, and for some jobs, fasting is not advised.) To fast for a screening: Don't eat or drink anything for nine-to-twelve hours before the screening. It's ok to drink water and black coffee (no cream or sugar). And it's ok to take your medications.

**3. On the screening day**

Bring your photo ID and the voucher (if it's required). If you visit a care provider, follow the instructions on the form to send in your results.