

Time For a Change

Make a change for better health today. Completing your **confidential** Health Risk Assessment is a great way to start. You'll feel better—and so will your wallet!

When you complete your assessment, you will receive a **\$50 contribution** to your **Health Reimbursement Arrangement (HRA)**.

The results of the Health Risk Assessment are **confidential** and are available only to you. Results are not available to the Fund Office, your employer, or your union.

Active participants and spouses, as well as retirees under age 65 and spouses, are eligible to receive rewards for participating in the **Wellness Power** programs.

Don't Miss Out!

If you complete your assessment by **May 31, 2009** (or within the first three months of becoming eligible for Plan benefits, whichever comes later), you will receive an **extra \$50 contribution!**

Go online and complete the Health Risk Assessment at:
<https://my.healthatoz.com/portal/bridge/NECAIBEW>



Wellness NECA-IBEW Welfare
POWER Trust Fund Wellness and
Disease Management Program

Take the Health Risk Assessment to see how your lifestyle rates. You may be surprised!

Complete the **confidential** Health Risk Assessment and get:

- **Recommendations**, if applicable, from healthcare professionals on how to improve your health and wellbeing.
- Your **Health Reimbursement Arrangement (HRA) incentive reward**—\$50, plus an additional \$50 if you complete the assessment within the first three months of becoming eligible for Plan benefits or the start of the **Wellness Power** program.

Take the Health Risk Assessment today!

- **Online:** <https://my.healthatoz.com/portal/bridge/NECAIBEW>
- **By mail:** Call the OptumHealth NurseLine hotline at 877-219-5999 and ask for “web support” to request a paper Health Risk Assessment.



Wellness NECA-IBEW Welfare
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