



January 23, 2012

Beloved Hierarchs and Brothers and Sisters in Christ,

The members of the Orthodox Health Plan (OHP) Committee are deeply concerned about the theme of our personal **wellness**. This theme relates first and foremost to our own personal good health and well-being. Secondly, it relates to controlling the spiraling cost of health care and insurance through healthier lifestyles and prevention. Our Lord and Savior asked that very compelling question, “**Do you want to be well?**” For yourself, your loved ones, and your sacred ministry, it behooves us to respond affirmatively, and to take action and control, now.

In order to assist us and to further this theme of **wellness**, the OHP Committee has partnered with Aetna and Quest Laboratories to ask you to complete the following three steps:

- 1) Quest Blueprint for Wellness: for a wellness screening (a blood test) at one of their local laboratories in your area (see attached). Within three days, you will receive your results online. After receiving your results:
- 2) Go to [www.aetna.com](http://www.aetna.com) and register for Aetna Navigator if you have not yet had the opportunity, then click on take a health assessment and complete the Aetna Health Assessment Survey.
- 3) Following, you will receive a Wellness Action Plan. Approximately 30 days after participating in your action plan, you will receive an online survey to complete.

**There is no cost to you!** Upon completion of these three steps, you will be eligible for a \$50 Visa Card for an individual and \$100 for an individual and spouse. Most importantly, you will have an up to date analysis of your personal wellness and steps to improvement. “Do you want to be well?” Here is your opportunity to begin.

Please carefully read the directions which are enclosed. Also enclosed are some personal testimonies of those who have taken these valuable steps that have changed their lives!

If you have any questions, please call GDC Financial at 1-800-785-4432.

Sincerely,

The Orthodox Health Plan Committee



Dear Orthodox Health Plan Participant,

It is almost time for the Orthodox Health Plan Blueprint for Wellness Screening. You will have an opportunity to get Know Your Numbers by participating in the Wellness Screening event at one of the Quest Diagnostics Patient Service Centers. At the Patient Service Center you will undergo a simple blood draw along with biometric screening of height, weight and blood pressure. You will receive your results online and an easy-to-read report with normal ranges and brief description of tests via mail within two weeks.

Please note that registration times start:

- For Patient Service Centers – February 8th, 2012 and must be completed by April 8th, 2012

**To register and make an appointment at a Patient Service Center:**

- Go to [www.blueprintforwellness.com](http://www.blueprintforwellness.com) (<https://my.blueprintforwellness.com>)
- Or call 1-866-908-9440.
- Provide your registration key (not case sensitive): **ohp**
- Provide your Unique ID, which is your **Aetna W ID#**

**Remember these instructions for the day of your appointment**

- Remember to fast. No food or drink except water 9-12 hours before your blood draw, unless otherwise advised by your physician.
- Drink plenty of water.
- Take all medication per your regular schedule.
- If diabetic, follow your “normal” routine, if unable to fast, please advise collector.

**Your Confidentiality Is Assured**

All information in the assessment and the laboratory report is personal and confidential, as protected by federal law. Orthodox Health Plans will not have access to your individual results. We value and understand that your privacy is most important and we have put many steps in place to assure confidentiality.

Become a better you at the Orthodox Health Plans sponsored event. Any questions can be directed to GDC Financial Group at 1-800-785-4432

Sincerely,

The Orthodox HealthPlan Committee



**Blueprint for Wellness™**

## **Why Should I participate in Blueprint for Wellness?**

It is always important to think about and focus on your health and wellness. The Orthodox Health Plan has teamed with Quest Diagnostics, the nation's leading provider of laboratory testing, to offer you a free wellness screening -- Blueprint for Wellness. It is important to monitor your results year over year because your health and laboratory values change. Once you know your values – establish a baseline -- then the next time you are screened you can better gauge your improvement or changes.

Awareness is the first step in maintaining and monitoring your health. Blueprint for Wellness allows first time or repeat participants the opportunity to get a quick and easy "snapshot" of their health. The screenings in Blueprint for Wellness aid in early detection and intervention. The Center for Disease Control states that 45% of the adults in this country have diabetes, hypertension, or high total cholesterol. More than 15% of adults had one of these conditions and the condition was undiagnosed (they were unaware). This means more than 1 in 3 people affected are undiagnosed. Become aware and informed today by signing up for your screening now:

To schedule an appointment on-line you can visit <https://my.blueprintforwellness.com> (web registration is 24 hours a day, seven days a week) or if unable to register online call 1.866.908.9440. The registration dates are February 8th, 2012 – April 8th, 2012. Use the Registration Key **ohp** to access the Orthodox HealthPlan online scheduler.

## **Take Charge of Your Health!**

Brushing your teeth, washing your hands and wearing your seatbelt will keep you safe and healthy.

Blueprint for Wellness can tell you what else can do for your health.

Sign up for your screening appointment at <https://my.blueprintforwellness.com> (web registration is 24 hours a day, seven days a week) or if unable to register online call 1.866.908.9440.

Employees that participate in Blueprint for Wellness will be eligible for a \$50 Visa Card for an individual and \$100 for an individual and spouse.

## **Please Remember to Fast for Your Blueprint for Wellness Screening**

For accurate results from your Blueprint for Wellness screening, fast for at least 9-12 hours prior to the blood collection. Test results are not diagnostic, and should not replace preventative care from your doctor. Take any regularly scheduled medications as usual. Drinking water is permissible and recommended during the fasting period.

## **Blueprint for Wellness — Your Confidentiality Is Assured**

All information obtained in your Blueprint for Wellness experience is personal and confidential, as protected by federal law. The Orthodox HealthPlan will not have access to your individual results. Your reports are processed and delivered by external vendors. We value and understand that your privacy is most important and we have put many steps in place to assure confidentiality.

## HEALTHY TIDBITS

**Did you know?** The average human heart beats 100,000 times a day. Make those beats count.

**Did you know?** Heart Disease affects 61.8 million in the United States at a cost of \$351.8 billion annually.

**Did you know?** 23.6 million children and adults in the United States—7.8% of the population—have diabetes.

**Did you know?** Other than skin cancer, prostate cancer is the most common cancer in American men. The latest American Cancer Society estimates for prostate cancer in the United States are for 2009:

- Approximately 192,280 new cases of prostate cancer will be diagnosed
- 27,360 men will die of prostate cancer

About 1 man in 6 will be diagnosed with prostate cancer during his lifetime. More than 2 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today.

**Did you know?** 70% of all medical decisions involve laboratory results.

### **Blueprint for Wellness Reminder — Eat Healthy!**

Visit [www.MyPyramid.gov](http://www.MyPyramid.gov) for the latest advice on smart eating and exercise. The government website offers daily eating plans with lots of nutrition tips and recipes. There is also a section just for kids!

Also keep an eye on your portions: Think about using a snack-size zip lock bag when taking food to the office or giving food to children. The snack size is about right for most foods and would be considered a regular portion.

Plus stay away from processed foods: If you cannot say or read all of the ingredients in the product, do not buy it.

### **Blueprint for Wellness Reminder — Move it!**

1. If you make time for your favorite TV shows: How about walking on a treadmill, biking or lifting weights while watching your shows? 2. Make your chores count: If you mow the yard or mop the floor, do your chores at a little faster pace than normal to get your heart rate up. 3. Use time with family wisely: When having family time, take a walk together or plan family activities that include physical activity. This is not only good for you, but it will set a great example for the rest of your family.

### **Blueprint for Wellness Reminder — Protect Your Skin!**

All skin types need protection from the sun's rays. Doctors recommend at least SPF 15 sunscreen even when it's cloudy outside. Avoid excessive sun exposure — especially between 10 AM and 4 PM. Check your skin monthly and report any new changed moles to your doctor.