

AHA moment

HOW TO EARN \$150 WELLNESS CREDIT TO YOUR MEDICAL PLAN

The Annual Health Assessment (AHA), provides a comprehensive picture of your overall health. This powerful tool helps to identify areas where you can work to improve including: high cholesterol, high blood pressure, diabetes, nutritional concerns and many more.

STEPS:

1. Complete the Health Questionnaire by **10/31/20**
2. Complete your AHA by **10/31/20**

Completing your AHA with CareHere is an important first step on your path of wellness and preventive healthcare. The AHA will give your healthcare team opportunity to discuss a plan of action and give you all the tools you'll need. CareHere Certified Health Coaches are with you all the way, available to work with you personally and confidentially. The AHA is FREE to employees & spouses enrolled in the Butler Health Plan.

Schedule & complete your AHA on the Nurse Schedule at one of the following locations by **10/31/20**:

Hamilton: 513.896.2398
MON - FRI
6:00 AM - 10:00 AM

Beavercreek: 937.458.2588
TUES & THUR
7:00 AM - 9:00 AM

Sharonville: 513.896.2398
WED & THUR
7:00 AM - 10:00 AM

**REMEMBER DRINK PLENTY OF WATER AND NO OTHER BEVERAGES
FOR AT LEAST 10 HOURS BEFORE THE AHA**

Schedule your Annual Health Assessment today.

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