

# AHA moment

## HOW TO EARN \$150 WELLNESS CREDIT TO YOUR 2022 MEDICAL PLAN DEDUCTIBLE

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.

### Your AHA appointment consists of two things:



#### **Biometric Screening**

Measure height, weight, blood pressure, heart rate and temperature.



#### **Blood Draw**

Complete a fasting lab draw with 28 markers of health such as cholesterol & blood sugar.

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. 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 10/31/21:**

**Hamilton: 513.896.2398**

TUES & THUR

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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