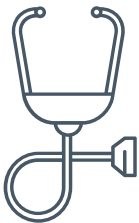


HOW TO EARN \$150 WELLNESS CREDIT TO YOUR MEDICAL PLAN

Each year you have the opportunity to participate in the HRA biometric screening. If you complete the steps, you will earn the wellness credit for the following year.

STEPS:

1. Complete the Expanded HRA questions by 7/31/19
2. Complete the HRA biometric screening (Fasting Blood Draw) by 7/31/19



What is an HRA and why do I need one?

HRA stands for Health Risk Assessment. The CareHere Health Risk Assessment is a proprietary, unique, and valuable offering. This offering provides a current evaluation of your overall health through a 28-panel fasting blood draw, vitals, and health update questionnaire. Your HRA will help identify high cholesterol, diabetes, liver functions, and much more. Completing your HRA with CareHere is recommended as the first step you should take on the path of wellness and preventive healthcare. The HRA is FREE TO EMPLOYEES & SPOUSES ENROLLED IN THE BUTLER HEALTH PLAN.

Where & when can I complete my HRA biometric screening before 7/31/19?

At the Butler Advantage Health Center.

You can complete your HRA biometric screening at the Butler Advantage Health & Wellness Center during the Nurse Only Hours.

ON-SITE AT YOUR LOCATION.

There will be on-site HRA biometric screening events scheduled in the spring of 2019. Details to come.

DAY	TIME	LOCATION	SCHEDULING
Nurse Only Hours on Tuesdays	6:00 AM - 9:00 AM	Butler Advantage Health & Wellness Center OR On-site at your location (Dates TBD).	Scheduling your appointment: Online at CareHere.com or call 513.896.2398 Please note, you must first be registered with CareHere.
Nurse Only Hours on Wednesdays	7:00 AM - 9:00 AM		



**DRINK PLENTY OF WATER AND BE SURE TO FAST
(NO FOOD OR OTHER BEVERAGES FOR 10 HOURS BEFORE YOUR HRA).**