

# 2021 Wellness Program

*Discover a healthier, happier you.*

## Wellness Highlights

### ✓ **FREE Money**

Eligible members and covered spouses who **complete both** the free, one-time H&H **Wellness Screening & Survey** no later than December 31, 2021 will receive a \$100 Gift Card!

### ✓ **Easy to Participate**

Your **FREE** wellness screening takes just a few minutes and is available at over 1,600 approved, walk-in clinics nationally!

### ✓ **Easy Registration**

Register online or by calling H&H Health Associates (M-F, 8:30am-5pm CST) at (800) 832-8302.

Online registrants have access to their confidential test results & can quickly & easily complete the wellness survey. If you previously participated with H&H, you can view your historical data through H&H's online portal.

## The Wellness Program helps identify your health risks:

### Health Evaluation (Blood Draw)

- Total cholesterol, HDL, and LDL
- Triglycerides and fasting glucose
- Blood pressure
- And more! (Approximately 50 test results received.)

### Health Assessment Survey

- Eating and exercise habits
- Sleep routines
- Emotional patterns
- Heart risks and more

**Covered Members  
and Spouses will  
receive a  
\$100 gift card!\***

### **Sign Up Online**

[wellness.hhhealthassociates.com](http://wellness.hhhealthassociates.com)

New users enter

Sponsor Code: **LABORERS**

or Call (800) 832-8302  
between 8:30AM-5PM CST



*Free, Confidential  
& Convenient!*

