



Schedule your *Know Your Numbers* Wellness Screening Today September 1 – December 31, 2018

Get valuable health information with the Get Healthy Program!

Complete a Wellness Screening before December 31, 2018.

Don't delay. Employees enrolled in PEBTF medical, prescription drug and/or supplemental benefits must complete a wellness screening to be considered participating in the Get Healthy Program for July 1, 2019 – June 30, 2020.

There are 3 ways to obtain your wellness screening:

- Onsite screening at select commonwealth worksites
- Quest Diagnostics® Patient Service Center
- Your doctor's office (more information on this option may be found on www.pebtf.org)

To register for a Wellness Screening:

- Go to www.pebtf.org
- Click on the Get Healthy logo on the left and follow the instructions

A *Know Your Numbers* Wellness Screening Event is being held at this location:

Date: Tuesday, October 16th
Time: 9:00-1:00pm
Location: Student Memorial Center (SMC) 114 MPR

Please follow the following links for more help and important information.

<http://blogs.millersville.edu/villedaily/files/2018/07/Get-Healthy-Know-Your-Numbers-Wellness-Screenings-Comparison-Chart-2018.pdf>

<http://blogs.millersville.edu/villedaily/files/2018/07/GH-FAQs-2018.pdf>

<http://blogs.millersville.edu/villedaily/files/2018/07/Helpful-Tips-for-Completing-a-Wellness-Screening.pdf>