

# PEBTF'S GET HEALTHY PROGRAM

## *Know Your Numbers Wellness Screenings*

**August 1, 2019 – December 31, 2019**

**Registration Opens July 1**



### COMPLETE A WELLNESS SCREENING AND SAVE MONEY!

The 2019 Get Healthy *Know Your Numbers* wellness screenings are starting earlier this year.

Your wellness screening includes:

- Blood draw that tests for cholesterol and blood glucose (sugar) levels (includes A1C test)
- Height, weight and blood pressure measurements

*Wellness Screening Period  
8/1/19 – 12/31/19*

*Take advantage of the earlier  
program start date and get  
screened early!*

Complete a wellness screening by December 31, 2019 to qualify for the savings for July 1, 2020 – June 30, 2021.

### REGISTRATION OPENS JULY 1 FOR APPOINTMENTS BEGINNING AUGUST 1

Three convenient ways to obtain your wellness screening:

- Onsite screening at select commonwealth worksites (fingerstick blood draw)
- Quest Diagnostics® Patient Service Center (venipuncture blood draw)
- Your doctor's office (venipuncture blood draw); upload or fax your completed form to Quest Diagnostics by December 31, 2019.

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## REGISTER ONLINE:

- Go to [www.pebtf.org](http://www.pebtf.org) on or after July 1.
- Click on the Get Healthy logo on the left side of the home page and follow the instructions. You will need to include an email address.

## REGISTER BY PHONE:

If you do not have email or Internet access, call Quest Diagnostics to register for a wellness screening or request a Physician Results Form at 1-855-623-9355 (855-6-BEWELL), Monday – Friday, 8 a.m. – 9:30 p.m. EST and Saturday 8:30 a.m. – 5 p.m. EST.

## QUESTIONS?

Contact the PEBTF at 717-561-4750 or 1-800-522-7279 or visit [www.pebtf.org](http://www.pebtf.org).

The PEBTF complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-522-7279 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-522-7279 (TTY 711)。



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