

Your HEALTH Counts

Steps to Learn About Your Health



Did You Know?

- An estimated 80 million American adults have cardiovascular disease.
- Cardiovascular disease accounts for 36% or one in every three deaths each year in the United States.

With cardiovascular disease, the best cure is prevention. And one of the best prevention activities is to control your cholesterol.

To do that you'll need to know your personal "numbers." They will help you learn what your health status is today. The you can begin to improve your health and to maintain it into the future.

It's easy ... with Associated Employers Trust's Wellness Program, **Your HEALTH Counts**. The **Your HEALTH Counts** Program is designed to help you (and your domestic partner, if desired) to assess and understand your current health status.

As a Wellness Program member, your employer wants to promote your

good health and encourages you to use **Your HEALTH Counts** tools to meet your personal health objectives.

This innovative Wellness Program provides health education materials, wellness resources and a series of valuable programs, offered through ODS Health Plan, Inc. (ODS Health), to help you lower your risk of disease and improve your overall health and well-being.

To help you get there, the **Your HEALTH Counts** Wellness Program offers an easy, three-step process to meet your health and wellness needs.

Step 1: Complete a bioIQ™ Glucose/Cholesterol Combination Test in the comfort of your own home – two important tests conducted from one blood sample that will help you determine your risk of heart disease and diabetes.

For heart disease, it measures the

amount of total cholesterol, HDL, triglycerides, and the LDL cholesterol value. For diabetes, the report measures your average blood sugar over the past 90 days.

The test is fast, simple, and virtually painless.

The kit includes everything you'll need to collect and mail one small blood sample, and you receive the results in three to four weeks.

Step 2: Complete your online Personal Health Assessment by logging into your myODS.com account.

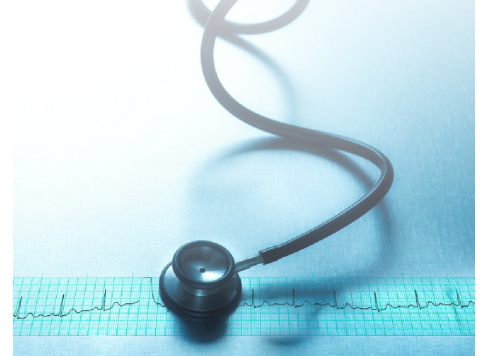
Use the results of the bioIQ™ test to fill in the "**Know Your Numbers**" section of your Personal Health Assessment and answer the rest of the questions to complete the assessment.

This confidential questionnaire provides key metrics for health planning and evaluation. And when completed, you will receive a personal health report.

This report includes an overall "lifestyle score," information about any identified health risks, a list of health habits on which to focus and a personal summary to share with a doctor if desired.

Step 3: Caring about your health not only benefits you, it helps your employer keep healthcare costs down. So, please, let your Benefits Administrator, HR representative or Employer know that you have completed the Wellness Program requirements.

And stay well because...
Your HEALTH Counts!



Associated Industries

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Thank you for your
interest in
Your **HEALTH Counts**

