

Today's the Day to Prepare for a Healthier Tomorrow.

You're one step closer to improving your well-being with *Connect to Health*.

Get ready for your Health Screening and Healthways Well-Being Assessment™



"I know that good health starts with good information."

Are You Ready for a Health Screening and Healthways Well-Being Assessment?

STEP 1: Complete a Well-Being Assessment

- It's not too late for you and/or your covered spouse to complete the Well-Being Assessment and each receive \$50. You must visit www.connecttohealth.com and complete the WBA by the newly extended deadline of December 31, 2011.

STEP 2: Save the Date

- Once you have completed your WBA, you and/or your covered spouse will be eligible for an additional \$50 each when you and/or your spouse participate in one of the health screening events listed below.

Saturday, October 1 – Uniondale Marriott

Saturday, October 15 – Melville Marriott

Saturday, October 22 – Westchester IBEW Local 3 Office

Saturday, November 5 – Health Fair at the JIB Auditorium

More details and registration information about the Health Fair and screening events will be coming soon.

The Pension, Hospitalization and Benefit Plan of the Electrical Industry has partnered with Healthways, a leading provider of well-being improvement solutions, to deliver this program and ensure your privacy. The health screening and Well-Being Assessment is confidential, voluntary, and offered at no cost to you.

Questions? Contact the Plan Office at (718) 591-2000, visit www.jibe.org or call Healthways at 866-284-1886

PENSION HOSPITALIZATION AND BENEFIT PLAN
OF THE ELECTRICAL INDUSTRY
158-11 HARRY VAN ARSDALE JR. AVENUE
FLUSHING, N.Y. 11365-3095

First Class Mail
U.S. Postage
Paid
Permit #371
S. Hackensack, NJ

You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and a better you.

