



It's Time for Your Tune Up!

A little preventive maintenance goes a long way.
Think of it as your own multi-point inspection!

Schedule Your Health Screening!

www.screeningreg.com

Login: baystate Password: healthy

Health Screening Includes:

- Glucose*
- Blood Pressure
- Body Composition
- Cholesterol (Total/HDL)*
- Personal Wellness Coaching

*non-fasting blood draw

Screenings are offered at no cost to all Baystate Health benefits-eligible employees. The Health Screening is private and confidential. Your results and personal information will not be shared with anyone.

Earn MyHealth Rewards!

MyHealth Rewards is a voluntary incentive program where benefits-eligible employees can earn up to \$500:

Minimum requirements:

1. Complete a health screening onsite or through your healthcare provider
2. Complete the WebMD Health Questionnaire

Additional earnings with:

- Achievement of target health screening measures
- Participation in other wellness activities

Win a Fitbit Surge!

Complete a screening and be entered in the monthly drawing for a Fitbit Surge!

Baystate *Healthy*