



# Annual Physical

Participation and awareness are two important components of how we take care of ourselves. The steps we take to prevent and/or identify illness and disease in the early stages and the changes we make to correct and/or improve our overall health are vital to our well-being. Obtaining an **annual physical** exam is one step we all can take to get a baseline of our general health and help our physician detect and treat any health issues early.

## The Program

This portion of *Health is Wealth™* is designed so you may obtain an annual physical from **October 1, 2009 through December 10, 2010** and receive 150 *Health is Wealth™* points. *(If you are a participant in one of the IGHL medical plans, preventive care services are covered at 100% after the applicable co-pay.)*

Upon completion of your annual physical, you and your physician are required to complete the enclosed **Routine Physical Exam Verification Form** and you are required to return it to Human Resources by December 10, 2010 to receive your 150 *Health is Wealth™* points. Be sure to take the form with you when you go for your exam!

If you do not have a family physician, Human Resources has a listing of physicians in the area. *This information is provided as a courtesy only—these physicians are not endorsed by IGHL.*

### Smoking Cessation

A smoking cessation program is no longer a requirement under the IGHL *Health is Wealth™* program; however, IGHL recognizes that being tobacco free is an important part of living a healthy lifestyle. Our smoking cessation program is now being continued on a voluntary basis.

Once again IGHL has partnered with Lifestage, Inc. (a third party vendor) to offer a 6-week program of behavior modification to help tobacco users quit. Each weekly session is 90 minutes long.

As an incentive to complete the program and then remain tobacco free, IGHL is offering the following list of rewards.

- **Week One**—Goodie Bags with a combination of flavored hard candies, flavored toothpicks, transparent bank, herbal teas, container for carrot sticks, nuts or other snacks and an instruction card on how these items support smoking cessation.
- **Week Six**—\$100
- **3 Months After Completing the Program**—\$100
- **6 Months After Completing the Program\***—\$200

Additional information on this voluntary program is available at Human Resources.

\* You are required to be tobacco free and pass a urine test. Urine test will be completed by Quest Diagnostics—please obtain testing form from Human Resources.