

It's Time for Your Biometric Screening!



When you complete 3 simple steps in 2019, employees enrolled in the PMH Medical Plan will have the opportunity to earn the Wellness Participant medical premium rate for the 2020 benefits year, which will be \$50 per month lower than the Non-Wellness Participant medical premium rate.

- 1 Complete an on-site Biometric Screening or submit the AMS form (completed by your personal physician) by **August 1, 2019**.
- 2 Complete an online Health Assessment on the Healthy Prospects site by **August 31, 2019**.
- 3 Complete 60 wellness points with Healthy Prospects by **August 31, 2019**.

How to register for your Biometric Screening:

➔ Call 800.337.8508, option 1, or go to the Healthy Prospects site at <https://pmh.biovia.healthfitness.com>

➔ Register for your screening by going to 'My Health' and selecting 'Screenings'.
Click on 'Schedule Screening' and choose your preferred appointment time from one of the options below.

On-Site Screening Schedule

Location:	Screening Date:	Event Time:	Screening Room:
Crozer – Chester Medical Center	Wednesday, May 8, 2019	12:00 pm – 8:00 pm	Clark Lobby
Crozer – Chester Medical Center	Thursday, May 9, 2019	6:00 am – 2:00 pm	Clark Lobby
Crozer – Chester Medical Center	Friday, May 10, 2019	6:00 am – 2:00 pm	Clark Lobby
Crozer – Chester Medical Center	Tuesday, June 25, 2019	11:00 am – 7:00 pm	Clark Lobby
Crozer – Chester Medical Center	Wednesday, June 26, 2019	6:00 am – 2:00 pm	Clark Lobby
Crozer – Chester Medical Center	Wednesday, July 10, 2019	6:00 am – 2:00 pm	Clark Lobby
Crozer – Chester Medical Center	Thursday, July 11, 2019	11:00 am – 7:00 pm	Clark Lobby
Crozer – Chester Medical Center	Friday, July 12, 2019	6:00 am – 2:00 pm	Clark Lobby
Crozer – Chester Medical Center	Tuesday, July 16, 2019	6:00 am – 2:00 pm	Clark Lobby
Crozer – Chester Medical Center	Wednesday, July 17, 2019	1:00 pm – 9:00 pm	Clark Lobby

(See reversed side for additional information)

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees enrolled in the PMH medical plan. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Sandie Sekely at sandie.sekely@prospectmedical.com and we will work with you (and, if you wish, with your doctor) to find an alternative activity with the same reward that is right for you in light of your health status.





On-Site Screening Schedule

Location:	Screening Date:	Event Time:	Screening Room:
Delaware County Memorial Hospital	Thursday, May 30, 2019	11:30 am – 7:30 pm	Classrooms A/C
Delaware County Memorial Hospital	Friday, May 31, 2019	6:00 am – 2:00 pm	Classrooms A/C
Delaware County Memorial Hospital	Thursday, June 27, 2019	11:30 am – 7:30 pm	Classrooms A/C
Delaware County Memorial Hospital	Friday, June 28, 2019	6:00 am – 2:00 pm	Classrooms A/C

Location:	Screening Date:	Event Time:	Screening Room:
Taylor Hospital	Friday, May 3, 2019	6:00 am – 2:00 pm	Classrooms A/B
Taylor Hospital	Monday, May 6, 2019	11:00 am – 7:00 pm	Classrooms A/B
Taylor Hospital	Tuesday, May 7, 2019	6:00 am – 2:00 pm	Classrooms A/B

Location:	Screening Date:	Event Time:	Screening Room:
Springfield Hospital	Wednesday, May 22, 2019	6:00 am – 2:00 pm	1 st Floor-Suite 101, Pain Center
Springfield Hospital	Thursday, May 23, 2019	12:00 pm – 7:00 pm	1 st Floor-Suite 101, Pain Center
Springfield Hospital	Wednesday, June 19, 2019	6:00 am – 2:00 pm	1 st Floor-Suite 101, Pain Center

If you are having issues accessing your Healthy Prospects account, contact Customer Service at 800.337.8508, option 1, or customerservice@hfit.com.



Questions? Contact your Wellness Program Coordinator:

CA and TX: Cindy Lopez, at 714.796.5786 or cindy.lopez@prospectmedical.com.

East Coast: Erica Baxter, at 714.222.1595 or erica.baxter@prospectmedical.com.

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