



2323 Eastlake Ave E
Seattle WA 98102

**SAVE HUNDREDS ON YOUR
MEDICAL EXPENSES IN 2016**

Take your Health Assessment by
Dec. 18, 2015.

A photograph of an older man with a mustache, wearing an orange hard hat and a grey safety vest over a blue shirt. He is sitting in the cab of a vehicle, looking down at a tablet computer he is holding. He has a pen in his right hand. The background is a blurred industrial setting.

IT'S TIME TO TAKE YOUR ANNUAL HEALTH ASSESSMENT

Complete your annual Health Assessment **between Nov. 1 and Dec. 18, 2015** and save \$200 to \$600 off your medical expenses in 2016.



Just 15 Minutes Can Save You Hundreds

Save money on your
2016 medical expenses
by completing your
annual Health Assessment
by Dec. 18, 2015.



IT'S QUICK

Completing your Health Assessment takes 15 to 20 minutes.



IT'S CONFIDENTIAL

To protect your privacy, the Health Assessment is administered by Cigna via MyCareAllies. Your individual results will never be shared with the Trust, your employer or union.



IT'S USEFUL

Your Health Assessment will give you immediate results you can use to start improving your health today.



IT'S THE FIRST STEP

Cigna offers a variety of wellness coaching programs that will help you reach your health goals. The programs are funded by the Trust and offered to you at no cost.

Every year, the Washington Teamsters Welfare Trust offers participants an incentive to complete a Health Assessment. The Health Assessment is a quick, easy and confidential questionnaire that will help you evaluate and track your health from year to year.

Take the Health Assessment between **Nov. 1 and Dec. 18, 2015** to receive the following incentives:

- **Medical Plans A, B, C, and Z**—your annual deductible in 2016 will be **\$200 less for individual coverage and up to \$600 less for family coverage*** than if you do not take it.
- **Medical Plan JC28XL**—your out-of-pocket maximum in 2016 will be \$200 less than if you do not take it.

**If you are married or have a covered domestic partner, both of you must take the Health Assessment by Dec. 18, 2015. If only one of you completes the assessment, neither will receive the incentive.*

How To Take the Health Assessment

All you need to have on hand to take your Health Assessment is your (or if the spouse, the employee's) social security number. If you have other health-related information like blood pressure or cholesterol levels, it would be helpful to gather them in advance so you can get a more accurate result.

Visit <https://wateamsters.mycareallies.com> to get started:

1. **Register** to set up your account by clicking "I need to register"
2. **Create** a short personal profile (this is where you'll need the employee's social security number)
3. **Follow** the prompts to take the Health Assessment
4. **Submit** your assessment and see your results by clicking the "Save and View Report"
5. **Receive** your incentive in 2016

If you have any questions or need assistance please call Cigna at (800) 838-8792.

Please note: This year you are not required to select or confirm your Primary Care Provider to receive the incentive.

A New Health Assessment



This year and going forward, Cigna will administer the Health Assessment for all Trust participants. The website you visit to take the assessment, and the assessment itself, will look different, but the annual savings incentive will stay the same. Watch for more information about the new wellness programs from Cigna.

