

RUMMEL CONSTRUCTION, INC.
BeWell@Rumco Wellness Program

Q&A:

What is Biometric Screening?

- The biometric screening tests body mass index, cholesterol, and blood pressure in-order to provide information back to the participant on areas that they are doing well in and where they might need to improve.

**Note: These are assessments that are typically conducted during a routine physical examination.*

Where do the Biometric Screening results go?

- The information is automatically uploaded to the participant's health risk assessment, which, once complete, will qualify them for a **\$75 gift card** from UHC and that quarter's Premium Rebate Program Incentive from Rummel Construction, Inc.
- We will also offer a paper based Health Risk Assessment so team members without access to a computer can still complete these for the gift card and incentive program.

Where does one go to get their Biometric Screening?

- ***On Saturday, March 20th, 2010 at the main office where spouses are invited!***
- Through their own doctor with a co-pay.
(Team members and spouses must be enrolled in the health plan to be eligible.)

Rummel Construction, Inc. does not receive any individually identifiable health information on anyone in the plan per federal law.

REMINDER:

The on-site and Saturday bio-metric screenings are at no charge to Team Member and their Spouse (if applicable).

***February 19th, 2010 is the last day to RSVP
480-222-9922***