QUALIFY FOR THE REDUCED WELLNESS MEDICAL PREMIUM IN 3 EASY STEPS!
**STEP 1**

REGISTER ON www.myuhc.com TO COMPLETE THE PERSONAL HEALTH SURVEY

By completing “Rally,” a brief, interactive personal health survey at www.myuhc.com, you will receive immediate, confidential results that will help you gain greater understanding of your health issues and get a head start on managing any problems that might require medical care. Once you log into www.myuhc.com, register for Rally by going to the Health & Wellness tab and clicking on the Rally banner ad or click “Go to Rally,” which is found under the health and wellness page.

**STEP 2**

COMPLETE YOUR BIOMETRIC SCREENING AND TOBACCO TEST BY OCTOBER 31, 2015

Complete and pass your free biometric screening and tobacco test at the Occupational Health Office, located on our Miami Beach campus, between June 1 and October 31. To schedule your appointment through the Occupational Health Office, call 305.674.2312 and follow the recorded instructions. Walk-ins will not be accepted.

**PLEASE NOTE:** IF YOU COVER YOUR SPOUSE/DOMESTIC PARTNER UNDER YOUR MOUNT SINAI HEALTH PLAN, HE OR SHE MUST ALSO COMPLETE THE FREE BIOMETRIC SCREENING AND PASS THE TOBACCO TEST BY OCTOBER 31, 2015.

Employees and their covered spouse/domestic partner may complete the tobacco tests and biometric screenings in the Occupational Health Office. Spouses/domestic partners also have the option of having the tests at one of the following satellite locations:

- Mount Sinai Aventura Physician Offices
  2845 Aventura Boulevard, Suite 250
  Aventura, FL 33180
- Mount Sinai Primary & Specialty Care Hialeah
  2150 W. 68th Street, Suite 100
  Hialeah, FL 33016
- Mount Sinai Primary & Specialty Care Coral Gables
  836 Ponce de Leon Boulevard, Suite 200
  Coral Gables, FL 33134

**STEP 3**

SCREENING AND TOBACCO TEST RESULTS

The biometric goals are:

<table>
<thead>
<tr>
<th>BIOMETRIC MEASURES</th>
<th>BIOMETRIC GOALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI</td>
<td>≤ 30 kg/m²</td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td>≤ 130 mg/dl</td>
</tr>
<tr>
<td>HDL</td>
<td>≥ 50 mg/dl</td>
</tr>
<tr>
<td>Systolic Blood Pressure</td>
<td>≤ 130 mm Hg</td>
</tr>
<tr>
<td>Diastolic Blood Pressure</td>
<td>≤ 85 mm Hg</td>
</tr>
<tr>
<td>Diabetes Screening (HgCA1C)</td>
<td>&lt; 6.5%</td>
</tr>
</tbody>
</table>

If you meet the following screening goals:

- Pass the biometric screening
- Pass the tobacco test
- Your spouse/domestic partner (if applicable) completes the biometric screening and passes tobacco test

**CONGRATULATIONS!**

You qualify for the maximum 2016 wellness and non-tobacco user premium discounts!

YOUR BIOMETRIC SCREENING AND TOBACCO TEST RESULTS WILL BE MAILED BY OUR HEALTH COACH TO YOUR HOME.

If you do not meet the biometric goals, you still have the opportunity to qualify for the lower insurance premium by meeting one of the requirements below:

- Submit a form letter completed by your primary care physician showing evidence of an annual preventive visit. You may obtain the form letter from the Occupational Health Office, the onsite health coach or via Sinai Connection, the hospital’s intranet site.

**OR**

- Sign into “Rally” at www.myuhc.com and participate in a “Mission” online individual action plan that is based on your health survey results. Mission action plans are designed with the goal of helping you improve your health. Once you successfully complete an online program, UnitedHealthcare will notify our health coach.

If you or your spouse/domestic partner tested positive for nicotine and you wish to pay a lower insurance premium, the individual(s) who tested positive must:

- Complete a free smoking cessation class offered by Mount Sinai or participate in an online smoking cessation program through the American Lung Association. The online program requires a $15 registration fee. Mount Sinai will refund the fee after you complete the program. For reimbursement, please contact Human Resources at 305.674.2500.

**DON’T PAY MORE IN 2016!**

If you choose not to participate in the voluntary Healthy for Life Wellness Program or miss the October 31, 2015, deadline to undergo the biometric screening and tobacco tests, you will pay a higher health insurance premium.

**DEPENDING ON THE PLAN YOU CHOOSE, TOBACCO USERS PAY AS MUCH AS 200% MORE IN HEALTH INSURANCE PREMIUMS.**

**QUESTIONS?**

We are here to help! For more information, please contact:

- Sandra Rivas, onsite health coach, at 305.674.9301
- Alfredo Cruz, employee wellness manager, at 305.695.1261
- Ana Poveda, benefits director, at 305.674.3960

**TO SCHEDULE ALL BIOMETRIC SCREENINGS AND TOBACCO TESTS, PLEASE CALL 305.674.2312, MONDAY - FRIDAY, 9 A.M. TO 4 P.M. AND FOLLOW THE RECORDED INSTRUCTIONS.**