

Take the ProCheck Health Screening at Annual Conference and get \$50. Complete the Health Quotient on line and get another \$100.

ProCheck Screenings: Friday, June 12th from 6:30 AM until 10:30 AM in the student center at Hofstra.

One of the special health offerings at annual conference this year is the ProCheck health screening. This is brought to you by our HealthFlex plan and our NYAC Board of Pensions and Health Benefits. We want to continue on our journey to wellness.

When you take the pro-check screening on Friday, June 12th, you will get a \$25 gift card immediately. You will also get \$25 in Health Miles Cash in your Virgin Health Miles account.

Please register for Virgin Health Miles before Annual Conference, get your pedometer and start walking toward wellness.

You will also get another \$100 in Health Cash for taking the Health Quotient on-line through the Web Md. You must take the HQ by June 30, 2009 to be eligible for the \$100 in Health Cash which you can use in a variety of ways in the Virgin Health program. You can get a check, you can get gift cards, and you can donate to charity. But again, you must be in Virgin Health Miles program. You can register at www.gbophb.org.

So what is the Pro Check health screening?

Using a simple blood test, the ProCheck health screening provides information about cholesterol levels, heart disease risk, stroke risk, diabetes risk and management, thyroid abnormalities, kidney disease, anemia or iron overload, prostate cancer in men and liver disease.

The ProCheck screening is offered for **no fee** for all participants and spouses covered by HealthFlex active medical plans or Medicare companion plans.

Those not covered by HealthFlex also may take the ProCheck screening during annual conference for a fee of **\$115** (payable at the time of service by cash, check or credit card). These tests might cost much more at a doctor's office or other medical facility.



Fast for Best Results

For the most accurate results, fast (no food or beverages) until after your ProCheck blood draw—but it's OK to drink water and brush your teeth. ProCheck screenings will begin early in the morning, so you can catch up on breakfast right after the screening.

Some people with diabetes or on certain medications should not fast. If you're not sure, ask your doctor.

Building Healthier Communities

The NYAC and HealthFlex are committed to keeping participants healthy. It is part of our Vision Statement -- "Building up a Healthy Body of Christ." For the body to be healthy, each member must be healthy. The ProCheck health screening is one positive step toward preventing serious disease and maintaining your good health.

Look for the ProCheck sign in the Student Center at Hofstra. On Friday morning, June 12th between 6:30 AM and 10:30 AM is your chance to make some cents of your health. Get \$25 on the spot and \$25 in VHM cash. Before you eat breakfast get your ProCheck done at annual conference.

ProCheck screenings are administered by Health Ministries Association (HMA), under contract with HealthFlex. HMA hires local phlebotomists to perform the blood draws.

\$25
in HealthCash

There's an added incentive for HealthFlex participants and spouses covered under active medical plans (not Medicare companion plans). Take the ProCheck screening and earn a **\$25 HealthCash reward** if you're also enrolled in the Virgin HealthMiles walking program. HealthCash will be credited to your HealthMiles account within six weeks after the screening.

If you're not already registered for the HealthMiles program, enroll now. Go to www.gbophb.org, log in to your HealthFlex/WebMD account and select "Join Now!"



And the Conference Board will give you a gift card for \$25.

Contact Bill Shillady at bshillady@umcitysociety.org for more information.