



December 2017

Dear MASE Health Plan Participant,

We are very pleased to announce that the MASE Trust is continuing to promote healthy lifestyle behaviors to our member employees, retirees and their spouses. We believe that wellness begins with awareness. In an effort to promote healthy behavior and overall well-being, we are having our 7th annual wellness screenings for all employees, retirees and spouses enrolled in the MASE Trust's health plan. The wellness screenings will be provided by our wellness partners, WeCare TLC.

Nothing makes more sense than preventing illness before it happens. Preventive screenings can detect areas of risk at an early stage when healthy lifestyle changes can significantly reduce the risk of developing a more serious condition. At no cost to you, this screening will allow you to take a proactive step in controlling your health.

Every year, a million people die of diseases caused by poor lifestyle choices. Thirty million Americans suffer from chronic disease as a result of smoking, lack of exercise, poor nutrition choices, and substance abuse. We believe that by offering services that will inspire you to become more proactive about your health, we can help prevent our members from becoming a statistic.

We encourage you to take this important step toward wellness. All screenings will be done at the primary and satellite Health & Wellness Centers during the month of your birthday in 2018. Upon completion of both the Health Risk Assessment (HRA) and the wellness screening labs during your birthday month, a WeCare staff member will provide you with a certificate you can redeem for a \$25 Walmart gift card. Simply take the certificate to your District Administration Office within 30 days following the last day of your 2018 birthday month and exchange it for a gift card. You must complete both the HRA and the lab draw to be eligible for the gift card.

We strongly urge you to participate. We owe it to ourselves and to our families to make wellness a perpetual part of our culture. Please give this opportunity careful consideration and schedule your Wellness Screening during the month of your birthday in 2018. All results are confidential and will not be shared with the Trust or your employer.

If you have any questions, please do not hesitate to call your MASE Health & Wellness Center staff at:

**MASE Plymouth at 1-877-289-3011, option 2
MASE Monticello 1-844-223-2964 or 574-297-5527**

Wishing you a healthy life,

MASE Board of Trustees

