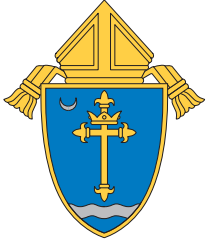


Employee Wellness Program

We care about your good health!



The Archdiocese of St. Louis deeply cares about you and your personal wellbeing. Benefit eligible employees may receive one Archdiocesan-paid H&H Health Associates Wellness Screening each year. To participate, please see the September listing of H&H wellness screening events located at an Archdiocesan parish/school/agency.

Eligible employees who choose to participate in an H&H screening or have an annual physician exam between May 1, 2017 - April 30, 2018 can receive a \$250 employer-paid contribution to their Archdiocese of St. Louis sponsored 403(b) Retirement Plan! For more incentive information including the Frequently Asked Questions, go online to <http://archstl.org/wellness>.

What's involved?

1. Comprehensive Wellness Screening (blood draw)

The confidential and comprehensive wellness screening includes upwards of 50 blood test results. The screening being performed is **NOT** testing for drugs or alcohol. Instead, it is specifically designed to examine your personal risk for Heart Disease, Stroke, Liver, Kidney Function, Diabetes, Anemia, Thyroid Disease, Clotting Disorders, Inflammation of the Blood Vessel Walls, Damage to Bones, Prostate Health (for males 50+), and more. See page 2 for a complete listing of tests performed.



2. Wellness Survey

The wellness survey is a brief, confidential questionnaire that focuses on lifestyle habits, employee benefits, and general health interests. At the end of the program year, all survey responses are compiled into a group report by H&H Health Associates, and presented to the Archdiocese to better assess the health needs and interests for the future. The survey is available online at the time of web registration or via hard copy at the screening event.

3. Individual Reporting and Nurse Outreach

All participants will receive a detailed, individual report at their home within 2 weeks of completing their blood draw. Each report includes a full explanation of lab test results, trending information (if applicable), plus personalized notations/comments from the nurse who reviewed your results. For participants who registered online, simply log back in to view your current and historic lab test results via H&H's secure wellness portal. New lab test results are generally available online within 5 days of completing your wellness screening.

If lab values indicate the need for more immediate attention or concern, a nurse from H&H Health Associates will contact you within approximately 72 hours of receiving your lab test results. Regardless of receiving a phone call from a nurse, we strongly encourage all participants to share a copy of their results with their primary care physician and/or specialist.



On average, 20-25% of any population screened is considered “High Risk”, meaning they are completely unaware of a chronic illness/disease, or may be aware of a condition, but it is not under appropriate control.

When and how do I participate?

On-site Archdiocesan Employee Wellness Screening Events will take place between September 1st—30th (see pages 3-4 for a complete listing). For those unable to participate at an on-site event, individuals can choose to participate at an approved, walk-in clinic (1,600 nationally).

To participate at an on-site screening event or at an approved, walk-in clinic, simply register via the below link or call H&H Health Associates (Mon-Fri, 8:30 am-5:00 pm CST) at 314.845.8302.

<https://wellness.hhhealthassociates.com?companyCode=archdiocese>

Employee Wellness Program



Frequently Asked Questions...

The following is intended to address some of the most common questions regarding the H&H wellness screenings.

For additional questions or concerns, please contact H&H Health Associates (M-F, 8:30am-5pm CST) at 314.845.8302 or the Archdiocese Office of Human Resources at 314.792.7546, especially if you want a confirmation of your previous physician exam or previous H&H wellness screening.

1. What is the Wellness Screening and Wellness Survey?

The wellness screening involves a venipuncture blood draw (takes about 3-4 minutes total) to scientifically determine one's current health status. The wellness survey is a brief, confidential questionnaire that focuses on lifestyle habits, employee benefits, and general health interests.

2. Who is eligible to participate in the H&H wellness screening?

Benefit eligible employees who are working a minimum of 1,000 hours annually or more or teachers with a half-time contract or more. You do not have to be a participant of the Archdiocesan health insurance plan to receive an H&H wellness screening.

3. What is being tested with my blood sample?

Triglycerides	BUN	Globulin	MCV	Alkaline Phosphate
Total Cholesterol	Creatinine	Albumin/Glob. Ratio	MCH	Hemoglobin A1C
HDL Cholesterol	BUN/Creatin Ratio	Bilirubin Total	MCHC	Bilirubin Direct
LDL Cholesterol	Sodium	TSH	RDW	UIBC
VLDL Cholesterol	Potassium	AST (SGOT)	Platelet Count	Neuts (Absolute)
Cholesterol Ratio	Chloride	ALT (SGPT)	Neutrophils	Lymphs (Absolute)
Total Iron	Carbon Dioxide	Hemoglobin	Lymphocytes	Eos (Absolute)
TIBC	Calcium	Hematocrit	Monocytes	Baso (Absolute)
Iron Saturation	Protein	White Blood Cell Cnt	Eosinophils	Mono (Absolute)
Glucose	Albumin	Red Blood Cell Cnt	Basophils	HS Cardio CRP

4. How do I go about participating in the confidential wellness screening?

Register on-line at... <https://wellness.hhhealthassociates.com?companyCode=archdiocese>

*If you experience any problems with your online registration (**Google Chrome is the recommended web browser**) or to do so by phone, simply contact H&H Health Associates at 314.845.8302 (M-F, 8:30am-5pm CST).*

New Users: If not already visible, enter Company Code: "**ARCHDIOCESE**" and submit your personal information to create a user profile. Once submitted, you will immediately receive an email to validate your account. Click on the link within that email to activate your account, and then log in using your newly created username & password to choose how you would like to participate.

- **On-Site Screening Event Participants...** Select your preferred time for the blood draw, complete your online survey, and arrive about 5 minutes prior to your appointment.
- **Approved, Walk-in Clinic Participants...** Choose your preferred clinic, complete the on-line survey, and then print/take the lab paperwork (received via email) to the approved, walk-in clinic location. No co-pay or insurance information is required at the approved clinic. **IMPORTANT:** All wellness screenings must be completed at the approved clinic on or before April 30, 2018 to comply with the Employee Wellness Program.

5. Is Fasting required for the wellness screening?

No, however we do encourage participants to stay well hydrated prior to the blood draw - preferably drinking water, diet soda or coffee (no cream or sugar / artificial sweeteners are ok). For optimal results... no food for 10 hours prior and no alcohol for 24 hours prior.

6. Is my participation mandatory?

No, participation in the wellness screening is 100% voluntary.

7. Should I get an H&H screening in lieu of an annual wellness exam by a physician?

While the H&H screening is a good wellness tool, it does not replace the importance of a comprehensive wellness exam, including lab work, by a physician, on a regular and long term basis. We encourage you to develop a physician/patient relationship to enhance your quality of life. Your decision on receiving a screening in lieu of a comprehensive physician wellness exam is your prerogative.

8. What information will the Archdiocese receive?

The Archdiocese only receives a group report of the results. All individual information is kept strictly confidential & HIPAA compliant. No individual identifiable results are forwarded to an insurance carrier or other entity without the participant's consent.

9. I understand what is in this program for me, but what's in it for the Archdiocese?

As the cost of group health care continues to rise, it is clear that employees at risk for chronic conditions account for a disproportionate amount of the health care expenditures that drive those costs up. If the Archdiocese can provide assistance to these groups, we can better manage the cost of providing our health insurance plan.

September 2017 Archdiocesan Wellness Screening Events

Please remember to register with H&H Health Associates online (see page 2 for instructions) or by phone (M-F, 8:30am-5pm CST) at 314.845.8302.

Location (Listings - Page 1 of 2)	Date and Room Location (Listings - Page 1 of 2)
St. Sabina-Florissant 1365 Harkee Drive, Florissant, MO 63031	Tuesday, September 5th 6:30-9:00am, Fr. Ottoline Room - Rectory
St. Margaret Mary Alacoque Parish 4900 Ringer Road, St. Louis, MO 63129	Tuesday, September 5th 7:00-9:00am, Parish Center
Catholic Family Services—South County 9200 Watson Rd., Suite G-101, St. Louis, MO 63126	Wednesday, September 6th 7:00-9:30am, Front Large Conference Room
Marygrove/Child Center 2705 Mullanphy Lane, Florissant, MO 63031	Wednesday, September 6th 7:30-10:00am, Eagen Center Clinic
All Saints Parish—St. Peters 7 McMenamy Rd., St. Peters, MO 63376	Thursday, September 7th 6:30-9:00am, School Gym
Most Sacred Heart—Eureka 350 E. Fourth Street, Eureka, MO 63025	Thursday, September 7th 6:30-9:30am, Conference Room in Rectory
St. Joseph Church—Cottleville 1355 Motherhead Rd., Cottleville, MO 63304	Thursday, September 7th 6:30-9:00am, Meeting Room in Parish Center
Holy Infant School 627 Denison Drive, Ballwin, MO 63021	Friday, September 8th 6:30-9:00am, Lower Cafeteria in Parish Center
St. Gertrude School—Krakow 6620 Hwy YY, Washington, MO 63090	Monday, September 11th 6:30-9:00am, Old Hall
Good Shepherd Children & Family Services 1340 Partridge Avenue, St. Louis, MO 63130	Tuesday, September 12th 6:30-9:00am, Family Center
St. Vincent De Paul Parish 1010 Rosati Ct., Perryville, MO 63775	Tuesday, September 12th 7:00-9:00am, Marillac Room
Mary Queen of Peace Parish 680 W. Lockwood Ave., Webster Groves, MO 63119	Tuesday, September 12th 6:30-9:00am, Holy Family Room
Duchesne High School 2550 Elm St., St. Charles, MO 63301	Wednesday, September 13th 7:00-9:00am, Performing Arts Center
Incarnate Word School 13416 Olive Blvd., Chesterfield MO 63017	Wednesday, September 13th 6:30-9:30am, Kent Parish Center Lobby
Cardinal Rigali Center 20 Archbishop May Drive, St. Louis, MO 63119	Thursday, September 14th 6:00-10:00am, Sister Ebo Room
Rosati Kain High School 4389 Lindell Blvd., St. Louis, MO 63108	Friday, September 15th 6:30-9:00am, Board Room—Enter Door on Newstead
St. Paul Church —Fenton 15 Forest Knoll Dr., Fenton, MO 63026	Friday, September 15th 6:30-9:00am, Parish Office Conference Room
St. Ferdinand Parish 1765 Charbonier Rd., Florissant, MO 63031	Tuesday, September 19th 7:30-9:30am, Duchesne Hall

Fasting is not required for this screening; however we do encourage all participants to keep well hydrated prior to the blood draw - preferably drinking Water, Diet Soda or Coffee (no cream or sugar / artificial sweeteners are ok). For optimal results... no food for 10 hours prior and no alcohol for 24 hours prior.

September 2017 Archdiocese Wellness Screening Events continued...

Please remember to register with H&H Health Associates on-line (see page 2 for instructions) or by phone (M-F, 8:30am-5pm CST) at 314.845.8302.

Location (Listings - Page 2 of 2)	Date and Room Location (Listings - Page 2 of 2)
St. Francis Borgia 115 Cedar Street, Washington, MO 63090	Tuesday, September 19th 7:00-10:00am, Notre Dame Hall– Mother Caroline Rm.
Queen of Peace Center 325 N. Newstead Ave, St. Louis, MO 63108	Wednesday, September 20th 7:30-10:00am, Main Lounge at Cathedral Towers
St. Dominic High School 31St. Dominic Dr., O’Fallon, MO 63366	Thursday, September 21st 6:30-9:00am, Lobby of Gym, Entrance on Elaine Dr.
Christ Prince of Peace 415 Weidman Rd., Manchester, MO 63011	Thursday, September 21st 6:30-9:00am, Church Basement
Sacred Heart Parish—Crystal City 555 Bailey Road, Crystal City, MO 63019	Thursday, September 21st 6:30-9:00am, Annex Classroom
Cardinal Rigali Center 20 Archbishop May Drive, St. Louis, MO 63119	Friday, September 22nd 6:00-10:00am, Sister Ebo Room
Bishop DuBourg High School 5850 Eichelberger Street, St. Louis, MO 63109	Tuesday, September 26th 6:30-9:00am, Room #303 in School
St. Clare of Assisi 15642 Clayton Rd, Ellisville, MO 63011	Tuesday, September 26th 6:30-9:00am, Assisi House
St. Catherine Laboure 9740 Sappington Rd., St. Louis, MO 63128	Thursday, September 28th 6:00-9:00am, Parish Center
Immaculate Heart of Mary 8 W. Hwy D, New Melle, MO 63365	Thursday, September 28th 6:30-9:00am, Weber Hall
St. Gerard Majella Parish 1969 Dougherty Ferry Rd, Kirkwood, MO 63122	Thursday, September 28th 6:30-9:30am, Parish Meeting Rooms 220/221
Cardinal Ritter Senior Services 7601 Watson Rd., St. Louis, MO 63119	Friday, September 29th 6:30-9:30am, Lally Room

Fasting is not required for this screening; however we do encourage all participants to keep well hydrated prior to the blood draw - preferably drinking Water, Diet Soda or Coffee (no cream or sugar / artificial sweeteners are ok). For optimal results... No Food for 10 hours prior and No Alcohol for 24 hours prior.

If you are unable to make one of these on-site events, you do have the option of participating at an approved, walk-in clinic. See page 1 or 2 for details or call H&H Health Assoc. (M-F, 8:30am-5pm CST) at 314.845.8302.