

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

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## Be proactive with your health

# 2015 Free Comprehensive Medical Assessment

Taking care of your health is more than just visiting your doctor when you're sick. Now, you can get a jump start on your health by scheduling an assessment. The assessment looks at your overall health — everything from your head down to your toes. The best part? It's free.

### Scheduling an assessment is easy

You'll get a call from us or one of our contracted vendors, MedXM® or Your Home Advantage. We'll help you schedule an assessment in the comfort of your home or at a local retail clinic, where available. If you don't hear from one of us within 30 days, you can schedule an assessment with your doctor. Or you can call the customer service number on the back of your ID card.

### Reap the benefits of a health assessment that's just for you

By scheduling an assessment, you can:

- Find out if you have any diseases or conditions
- Learn ways to manage your health and diseases
- Get help coordinating your health care services
- Increase your options for getting health care

Don't worry. You're not required to participate. But, as you can see, there are many benefits to participating in the health assessment.

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