

The Wellness
Screening Program



SAVING IS
POWER

Mathiowetz Construction

**Putting your knowledge
to action is Powerful.**

Get the information and
guidance you need with the
Wellness Screening Program.

1 SIMPLE ACTION

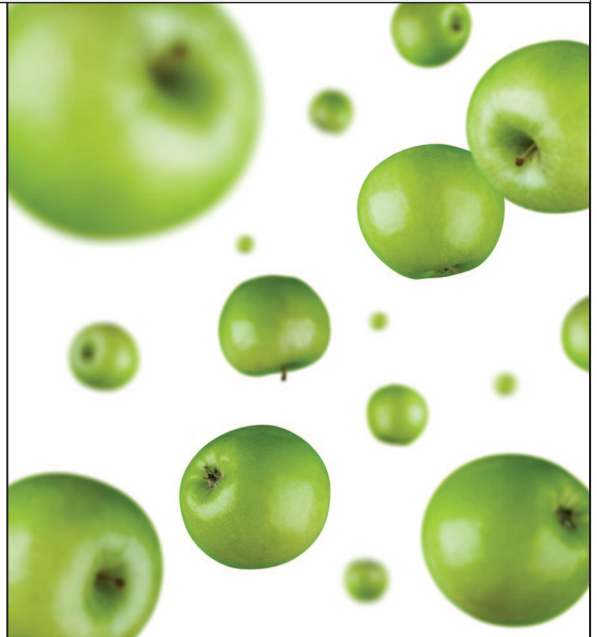
With all the health information coming at us today, it's hard to know where to start or what to trust. By taking **one simple action** — completing the Wellness Screening Program — you'll connect with the knowledge you need.

The Wellness Screening Program is a great place to start. Here's how it works...

- You give *less than 30 minutes of your time*.
- Your program includes:

Your Program Services:

- One simple blood draw that consists of 36 lab tests designed to detect disease or illness at the earliest stage
- A simple health risk questionnaire completed during your screening appointment to identify risk factors in your lifestyle
- Your blood pressure and body mass index (BMI)
- Educational summary report
- MyWellnessInfo.com health portal - support you can use when you choose to



TAKING ACTION IS POWERFUL

"I want to dance with my daughter at her wedding. This screening helps give me peace of mind. Thank you Wellness Inc."

WELLNESS SCREENING DAD

"Definitely go through it. It's totally painless. It takes very little time. It's convenient. It may save your life."

WELLNESS SCREENING PARTICIPANT



TAKE A CLOSER
LOOK

COMPANY INCENTIVE

Annual Audiogram Day
is February 2

Mathiowetz Construction Company is mandated to provide you with a hearing conservation program. Each year we give you the opportunity to come in and have an audiogram hearing exam. This year we will be coordinating the Wellness Inc. health screens and hearing exam on the same day.

When you receive your training schedule you will be given a scheduled time for both of these exams. We ask that you come at your scheduled time so that we can avoid long lines and needless waiting.

Those who complete both exams will receive a \$25 gift certificate. Be sure to mark your calendars for February 2nd, and plan to attend.

Want to know more? Please call 866.935.5462

PROGRAM DETAILS



Consult your Training Schedule for your appointment

Sleepy Eye, MN
Wednesday,
February 2, 2011
5:45 AM - 10:30 AM
MCC Conference Center,
Downstairs

Please fast for up to 8 hours, wear loose fitting sleeves,
drink 2 glasses of water and arrive on time to your appointment.

WHO'S ELIGIBLE	FEES
	PROGRAM FEE
All Employees	No Cost to you!
SIGN UP TODAY!	

WHY YOU SHOULD SIGN UP

QUICK

Save Time: 30 minutes. Onsite for most people. No waiting around at the doctor's office!

NO COST TO YOU

Save Money: The program, the results, the tips and the support are all included.

RESULTS

Get Useful Results: No confusing medical speak. Tips you can use, when you choose to.

SUPPORT

Get Online Support: 12 months of secure access to resources, past and present results and other tools.

TRUST

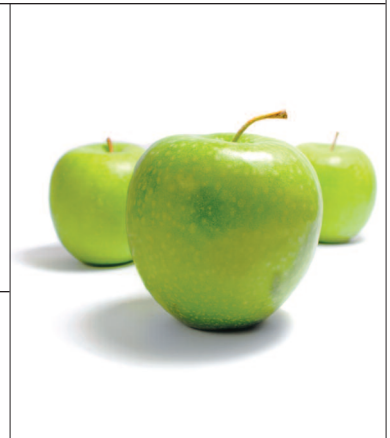
Feel Secure: Your Results are **FOR YOU!** By law, your employer cannot view your personal health information.

CHOICE

Make a Choice: We give you the results and a place to start. **YOU** choose what to do with the information. Share it with your doctor or simply use the results to know how you're doing from year to year.

POWER

Remember, knowledge is POWER. The information you get focuses on the things over which you have control and can change...the power **YOU** have to be your best at home, work and play.



THE POWER OF
GOOD HEALTH



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