



## SAVE MONEY WITH WELLNESS

Would you leave **\$240** on the table?

You can reduce your 2013 pre-tax contributions by \$240 with wellness incentive credits. All you need to do is complete two easy steps:

### 1. Get your **biometrics**

A biometric screening measures a few of your key health numbers, such as blood pressure, cholesterol and blood sugar. Knowing your numbers can alert you to health risks or provide positive feedback about what you're doing right.

**The City will offer one additional FREE screening in 2012** performed by Summit Health:

- **Wednesday, October 17** from 9:00 a.m. – 1:00 p.m. at the Pittsburgh Fire Training Academy located on Washington Blvd.

To take advantage of the onsite screenings, **you'll need an appointment**. Go to the CityFit webpage at [www.pittsburghpa.gov/personnel/cityfit/](http://www.pittsburghpa.gov/personnel/cityfit/) and click on the [biometric screening link](#). If you don't have access to a computer, you can call the Benefits Office at (412) 255-2532 to schedule your appointment.

- **AND-**

- ### 2. Complete your online Wellness Profile by logging into the Highmark website, [www.highmarkbcbs.com](http://www.highmarkbcbs.com), using your user ID and password, then click on *Take the Wellness Profile Link*.

The Wellness Profile is a confidential questionnaire that asks about your nutrition, physical activity and other health-related aspects of your lifestyle. Combined with your biometric screening information, your assessment results summarize your current health status and provide personalized recommendations for improvements.

### **IMPORTANT DATES!**

**You must complete your bio screening by October 22, 2012, and complete your Wellness Profile by November 30, 2012 to receive your \$240 reduction in your pre-tax medical contributions in 2013.**