



It's Easy to Save Money by Knowing Your Health.

TESTING YOUR BIOMETRICS helps you know your health numbers such as cholesterol and blood pressure.

KNOWING YOUR NUMBERS helps you take better care of yourself.

ENGAGING YOUR PRIMARY CARE PHYSICIAN if needed can help you avoid bigger and more costly issues.

TAKING BETTER CARE OF YOURSELF helps us all save money on medical insurance.

PARTICIPATING IN BIOMETRIC SCREENING helps you earn discounts on what you pay for medical insurance!

**If we're all healthier,
we'll all save.**

LSS provides three easy options to help you save on your medical insurance now. Do one of the following to start saving:

- Annual biometric screenings offered onsite at individual LSS locations.
- Register through SimplyWell to visit a participating Quest Lab to complete your screening ANYTIME throughout the year.
- Have the required labs completed and shared by your physician.

To earn your discount, take the online Health Assessment (MHA) and participate in biometric screening:

- If your numbers are good: Great! You're good to go for another year.
- If your numbers improved over last year: Good job! Keep working on those goals.
- If your numbers have not improved or are not considered healthy: Visit SimplyWell and print the "Physician Engagement" form for your doctor to fill out. Upload the completed form to receive your discount.