

Complete your Health Assessment and get a **FREE MEUHP Wellness T-Shirt!**

Deadline extended to December 1, 2010



MISSOURI EDUCATORS
UNIFIED HEALTH PLAN, INC.

MEUHP

"UNIFIED FOR STRENGTH,
STABILITY & SERVICE"



*Missouri Educators Unified Health Plan
Forrest T. Jones & Company, Inc.
Plan Administrator

Thanks to all the employees and retirees who have already completed your HA (Health Assessment).

If you *have not completed* your HA assessment since 6-30-10, and would like a free MEUHP Wellness t-shirt, you have until **December 1, 2010** to complete your assessment on line at www.anthem.com.

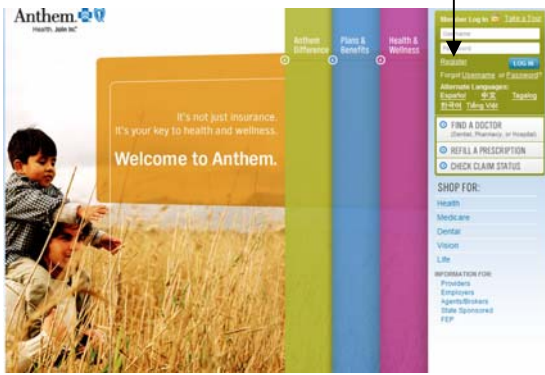
All employees and retirees who are covered on the District's Group Health Plan through the MEUHP* have access to the HA. This short on line questionnaire can help you better assess your health status, compare to national averages and offer advice and information on how to improve your overall health.

Instructions on how to access the HA are attached. Once you complete your HA, contact Kay Coomer at 800-821-7303 ext 1549 or by email at kcoomer@ftj.com and she will ship you a free t-shirt .

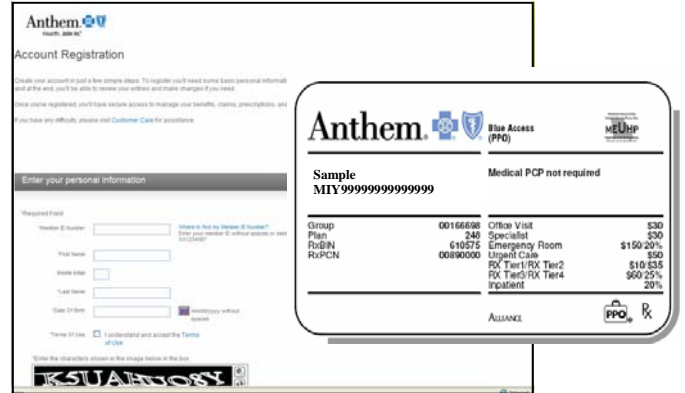
Free T-shirt offer extended to December 1, 2010.

How to access the Health Assessment

1 Go to www.anthem.com and click on **Register**—you'll need your Anthem ID # to register.



2



3 Select the link: **Take my HA now** under Health Assessment.



Your answers to the Health Assessment are **confidential!**
Your employer cannot access this information.

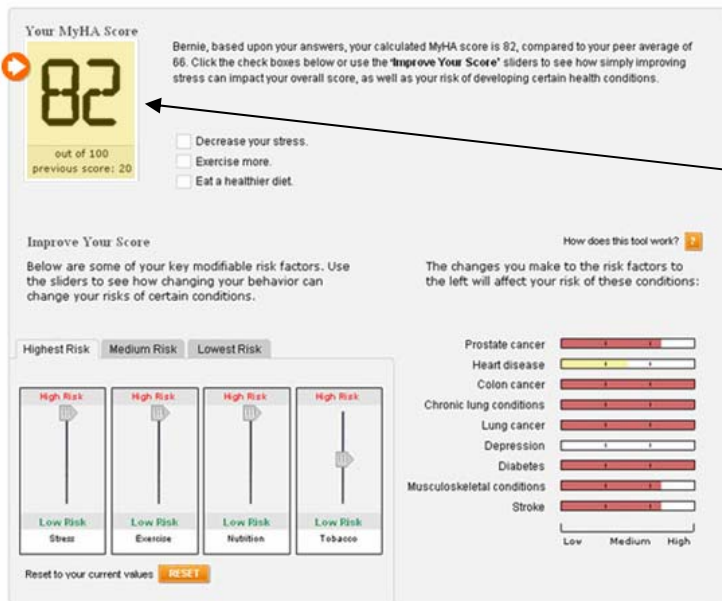
About You: Enter your personal information below.

What is your height?
5' 7"

What is your weight?
270 lbs

What is your waist measurement?
40 inches (Measure around your bare abdomen just above your hip bone. Tape should be snug and parallel to the floor.)

What is your ethnic origin?
(Optional) Why is this important for evaluating my health risks?
 Asian
 Black or African-American
 Hispanic or Latino
 Indian
 American Indian or Alaska Native
 Native Hawaiian or other Pacific Islander
 White/Caucasian
 Multi-ethnic
 Other



4 Your Health Assessment Score—Your score will fall somewhere between 0 and 100. In general, a lower score means more risks. A higher score means fewer risks. You'll also receive a personalized report that will help you identify health risks and find ways to tackle them.

