



\$500

**2013 Medical
Premium Incentive**

- Get Your Numbers
- Do the Health Assessment
- Save \$500

Biometrics – Your Life Numbers are the Ones that Count

Forget your credit score and your PIN for now. The numbers that can really determine your future are found in some simple lab results.

Cholesterol. Blood pressure.
Blood glucose. Body mass index.

You probably know that cardiovascular disease is the number one killer in the US, and that high cholesterol, hypertension, diabetes and obesity play a role. But did you also know that these 4 conditions are implicated in a host of complications such as blindness, heart failure, osteoarthritis, kidney failure, stroke and amputation?

You don't need a lecture on this. Is it really worth the risk?
Get. Your. Numbers.

112/78
24.5
120
110/80
22.5 78

IT'S EASY AND IT'S FREE

Yes, your biometric screening is 100% paid for if you're covered by a Gulfstream health plan. There are several ways to do it:

- Go to your doctor for an annual check-up. This vital service is included in your preventive benefits – so make the most of them.
- Go to a House Call if you signed up for one.
- If your location has an onsite medical clinic that performs routine lab work, schedule an appointment.

Because this brochure should be harder to lose than the piece of paper your doctor gives you, record your numbers on the flap until you're ready to enter them into the Health Assessment. Then park this on the fridge until you need it.

And if you already have your numbers, don't wait. You can complete the Health Assessment now.

KNOW THE SCORE. GET YOUR NUMBERS.

Do the Health Assessment

That's right, you can do the Health Assessment now, or any time through November 30, 2012. That way, you lock in your \$500 savings on your 2013 medical plan contributions.



Your Health Assessment is confidential. The company can't see what you enter or your results. Only the health plan sees it, and they see your claims, so there's no reason to be shy. The company will not know.

The information you complete in the Health Assessment is part of your responsibility for personal continuous improvement – understanding your health and measuring your personal health improvement year-to-year, to be as healthy as you can.

Just go to your health plan's website, sign in, and click on the Health Assessment. **It'll take about 20 minutes, which means you earn approximately \$25 a minute.**

Already taken the Health Assessment in 2012? Then you're all set. Your \$500 is already in the bag.

Save \$500

If you won't do the Health Assessment for your own good, do it because you love your family and friends and you want a good life with them.

Or, do it for the money.

\$500, right in your pocket. Technically your medical premium is reduced in equal amounts throughout 2013. But still, what could you do with \$500?

- That lost weekend you promised your better half
- 250 Hot Wheels
- 140 venti mocha decaf lattes
- 1 play-off ticket in the nosebleed seats



WHY IS GULFSTREAM DOING THIS?

Because your health really is that important – to the quality of your own life and to the health of the business. Because when employees are healthy, healthcare costs are lower, productivity is higher, and everyone wins.

Take adult-onset diabetes, which can frequently be prevented through a healthy lifestyle. Today, 1 in 10 U.S. adults has diabetes: over 25 million people. And 79 million more are at risk for developing it – due to avoidable factors like obesity and poor diet. Could you be one of them?

Even more critical: once they are diagnosed, 58% of diabetics will go on to develop other serious problems, like hypertension, heart disease and kidney disease, conditions that can have devastating financial and personal costs. Gulfstream wants you to know where you stand, and then to take action, so you can avoid these serious consequences.

RECORD YOUR NUMBERS HERE

Once you have your numbers, it's time to take your Health Assessment. Go to any computer with Internet access and use the link that corresponds to your medical plan:

Aetna Global:

www.aetna.com

Blue Cross/Blue Shield of Alabama and Memorial Health Partners/Simplifi:

www.myactivehealth.com/gulfstream

Cigna:

www.mycigna.com

Kaiser:

www.healthy.kaiserpermanente.org

UnitedHealthcare:

www.myuhc.com

If you have any questions about this, or if you want help getting on your health plan's website, call the General Dynamics Service Center at 1-888-GD-BENEFITS (1-888-432-3633).

TOTAL CHOLESTEROL LEVEL:

HDL CHOLESTEROL:

LDL CHOLESTEROL:

TRIGLYCERIDES:

BLOOD PRESSURE:

BLOOD GLUCOSE:

HEIGHT:

WEIGHT:

Used for Body Mass Index calculation.

