



P.O. Box 2206
Savannah, Georgia 31402-2206



2013 Medical Premium Incentive

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

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE
PAID
PALATINE, IL
PERMIT NO. 7024

Your Biometrics Matter

KNOWING YOUR PERSONAL NUMBERS CAN SAVE YOUR LIFE

112/78
24.5
120
110/80
22.5 78

Get a card for your Healthy Hand

If you found the typo in the flyer we recently sent you about the 2013 Medical Premium Incentive, give yourself a hand. Circle the typo, tear out that page and place it in your Healthy Hand envelope to receive credit for a 10 of Hearts. (Be sure to keep the rest of the flyer so you can record your biometrics!)

The Health Assessment is not about being right or wrong. Like *"Deal Yourself a Healthy Hand,"* it's another way Gulfstream encourages you **to take responsibility for your own health.**

Enter your personal biometric numbers in the Health Assessment and complete it by November 30, 2012 to save \$500 off your medical plan premium in 2013.

Are your biometrics within a normal range? If not, make sure to discuss it with your doctor.

NORMAL RANGE IS...	
Blood pressure	Systolic: 120 or below Diastolic: 80 or below
Blood glucose	Fasting: 70 - 100 mg/dL
HDL	Optimal: above 60
LDL	Optimal: 100 and below
Triglycerides	Normal: less than 150
BMI	Normal: 18.5 – 24.9

Sources: American Diabetes Association, Web MD, Centers for Disease Control