

Dear Co-Workers,

This email has four sections & attachments:

1. HRA Dates and Registration Information
2. Mobile Mammography Bus Dates and Registration Information.
3. Details about HRAs
4. Details about the Mammography Bus

Mueller Health Week July 24-26, 2019

Health Risk Assessments (HRAs)

HRAs are available to all employees and their spouses who are on the Paul Mueller Company health insurance plan. Participants are eligible for a \$100 credit toward their 2020 health insurance deductible. Please contact Chris Dickerson if you have questions about this.

HRA Dates/Times:

Wednesday, July 24	5:30-10:30 a.m.
Thursday, July 25	5:30-10:30 a.m.
Friday, July 26	6:30-10:30 a.m.

HRAs will be in the HR Training Room July 24, 25, 26, 2019

1. Sign up for your HRA at this link: www.wellnesspartner.org.
2. Click on the "EVENTS" tab at the top of the page. This will navigate you to a calendar.
3. Click on the day you prefer and begin the registration process.
4. If you need help with the registration process, Jodell Manley, Wellness Coordinator, is available on Mondays until 1:30 p.m. She can be reached at X9647.

The Mammography Bus

Will be here July 24 & 25, 2019

You must call: 417-820-2790 to schedule your screening.

Details About HRAs:

The Health Risk Assessment (HRA) provides an overall health snapshot including cholesterol, glucose level, blood pressure, weight and waist measurement.

Participants will also receive a CBC, CMP, TSH, iron level and uric acid level – standard. Anyone over 40 who wishes to participate in the colorectal cancer screening may pick up a packet at the HRA.

The HRA is open to all Paul Mueller-insured employees and their spouses. Participants in the HRA screening are eligible for a \$100 credit on their 2020 health insurance deductible. Please see HR for specific details.

Please fast 8 hours to ensure accurate results.

Now offering Health Report Cards! Once the screening is completed you can access your individual "report card." There is a notice available in the HR office regarding the Wellness program.

If you're unable to attend the HRA on the above dates, you may schedule an appointment for the make-up HRA August 1, 2019. (also, held in the Training Room). Please follow the instructions above to schedule a time for the make-up HRA.

Details about the Mammography Bus:

Qualifications for mobile mammography:

1. Must be 40+ years old
2. Must have been at least one year since your last mammogram
3. Must not have current breast problems
4. They CAN provide a mammography for those with breast implants (Please notify the scheduler)
5. Must be able to enter bus via steep steps and stand for exam unassisted

Appointments take approximately 15 minutes (30 minutes if you have breast implants).

They will file insurance for you (please verify coverage and limitations with your insurance provider).

Details about the Mammography Bus Equipment & Personnel:

The digital mammography equipment on the bus is the same that is at the Mercy Breast Center. The technologist who performs the exam is a female who also works at the Breast Center and the images are read by the same radiologists. They file insurance for you, which is billed the same as the Mercy Breast Center. They are simply on site at OUR location. *Note – due to Medicaid billing regulations they cannot file Medicaid.

Please share this information with our co-workers who do not have a company email address.

If you have questions or need further assistance, please contact Chris Dickerson X9474.

Thank you,
Kellie Jayne