

Reasons to Get Your Know Your Numbers (KYN) Health Screening

If a doctor can stop or locate a health problem before it gets serious, you'll save a lot of money on medical bills down the road. According to the Partnership to Fight Chronic Disease, 46.7% of all deaths in the U.S. could have been avoided by simply getting an annual physical exam.

Your KYN screening will:

- 1. Establish baselines.** Getting a physical will establish baselines for things like weight, blood pressure, and cholesterol. Using these baselines, your doctor can gauge your health's subsequent progression or regression.
- 2. Detect health problems early.** According to the CDC, 133 million Americans are currently living with an undiagnosed chronic disease. Are you one of them?
- 3. Stop diabetes before it starts.** Diabetes has been linked to heart disease, obesity, stroke, Alzheimer's, metabolic disorder and many other diseases. Diabetes Type 2 can be avoided completely in most cases, and in some, even reversed. Not seeing your doctor for an annual physical increases your risk by 2/3.

4. Decrease risk of cancer. For men, getting PSA checked; for women, getting a mammogram and regular pap test can help avoid or at least detect cancer early on.

5. Plan members who get the KYN screening can:

- Save money on your medical costs
- Qualify for 20% coinsurance (50% coinsurance for non-participants).
- Qualify for \$500 up to \$2,000 Employer contribution to your HRA (\$0 contribution for non-participants)

[Click here](#) to link to KYN program participation details.