

Know Your Numbers Health Screening Participation Guidelines

First Time & Repeat Participants

You are a First Time Participant if you are a new Golden Health Plan enrollee or you've been enrolled in the plan but never participated.

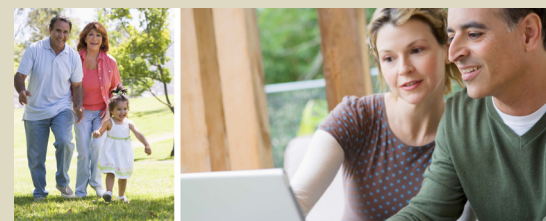
The sooner you get your KYN screening in 2015, the sooner you can upgrade to lower coinsurance plan and start saving money on your health care expenses this year.

You are a Repeat Participant if you participated in the KYN screening in 2014. Your 2015 Health Screening will determine your eligibility for lower coinsurance coverage in 2016.

Ways to Get Screened

- Schedule an appointment for your annual wellness visit with your network healthcare provider and take the Wellness Screening Results Form (WSRF) with you, or
- Participate in an onsite health screening event offered at select locations June – August.

You may access the Wellness Screening Results Form on YourGoldenBenefits.com or request a form by contacting the Golden Living HR Service Center at 800-777-2363 options 2, 2, 1. Look for details on YourGoldenBenefits.com for the onsite health screening events listing.



Getting a screening is the first step.
Knowing your numbers is just as important.

Take the time to learn about your health today.

Visit your Healthcare Provider!
To participate in the KYN screening, you can visit your healthcare provider at your convenience. Access the **Wellness Screening Results Form** on YourGoldenBenefits.com and follow the instructions, or call the HR Service Center.

Take the Know Your Numbers (KYN) wellness program health screening to learn about your health status. Qualify for a better plan coverage and save money on your healthcare costs.

IMPORTANT: Fasting required for best results.



You and the service that your personal health information will be shared with Golden Living. Please see conditions. Know Your Numbers coverage, is required by law to ensure that your employer does not know your individual health data.

livewise. livewell.
Better Health is Golden

Visit YourGoldenBenefits.com for KYN Onsite Health Screening Event List and Wellness Screening Results Form.

November 1, 2015 is the deadline for Provant to receive your health screening form.