

## It's Worth Knowing

Getting a health screening tells you what you're doing right—and shows you where there's room for improvement.

Or maybe this year's screening is your starting point for a new commitment to better health and fitness, in body and mind.

Remember that a screening can give you an early alert to avoidable health risks.

Most employees met three out of five healthy targets during the health screenings last year. How will you do?





P.O. Box 563939  
Charlotte, NC 28256-3939

First Class Presort  
US POSTAGE  
PAID  
Fort Worth, TX  
Permit No. 1513

# Important Benefits Information Inside Open Immediately

Existing within this material are brief, general descriptions of plans available. If any part of this information should conflict with a plan's legal documents, the legal documents will control. Participation in these plans is not a guarantee that benefit levels will remain unchanged in the future. The Company reserves the right to change or terminate these plans at any time. If material changes are made, employees will be informed about them. Rockwell Automation partners with StayWell to administer our Health Management program. Rockwell Automation takes your privacy very seriously. Your individual health information is not shared with Rockwell Automation; the Company only gets the aggregate results for participating employees.

vN@W NS August 2018

# It's Worth Knowing About Your Health

Take your **FREE** annual  
health screening and  
earn **up to \$250** off your  
**2019** medical premiums!



# Five Targets to Hit

Here are the healthy targets that will be measured during your screening and the target range for each:

Target	Range
Body Mass Index (BMI) or Waist Circumference	18.5 – 25 OR waist circumference less than 40" for men and less than 35" for women
Blood Pressure	Less than or equal to 120/80 mmHg
Cholesterol	Total cholesterol less than or equal to 199 mg/dL OR total cholesterol/HDL ratio less than 5
Blood Glucose	70 – 100 mg/dL (fasting); 70 – 180 mg/dL (non-fasting)
Cardiorespiratory Fitness	Recovery heart rate in the "excellent" to "average" range, based on age and gender

As always, your results are 100% confidential! No one at Rockwell Automation will see your individual results.

Earn up to \$250 for your health screening!

For every healthy target you meet, you can reduce your medical premiums by \$50.

# Two Ways to Complete Your Screening

You have two choices for your confidential health screening:

1

## With Your Health Care Provider

Complete your screening using the health numbers your primary care provider collects during your physical. Write your numbers on the Health Care Provider form and submit it to StayWell by Dec. 31. If you complete the Health Care Provider form, you can conduct your own cardio step test at home. Instructions are included when you download the form.

- Already had your physical? Your 2018 numbers count! Simply call your provider's office to get your numbers, and then complete the form.

### Get the form!

Download the Health Care Provider form at [ra.staywell.com](http://ra.staywell.com).

2

## At Home With a Free Test Kit

Conduct your own blood test and cardio step test using the home test kit StayWell mails you. (For your blood pressure, visit your primary care provider's office or local convenience store/MinuteClinic.) Then mail it back in time to arrive at StayWell by Dec. 31, 2018.

### Order the kit!

Call StayWell at **1.800.721.2696** to order the kit.

To receive the incentives you've earned—and to avoid paying an additional \$100 in medical premiums, you must complete the Health Risk Questionnaire (HRQ) before the end of 2018. You can do this anytime after Annual Enrollment begins on Oct. 27, 2018.

# Piecing Together Your Health

If you complete Take Action activities, the Health Screening and the Health Risk Questionnaire, you get a comprehensive overview of your health. And, you also earn up to **\$450** off your 2019 medical premiums.



Up to  
**\$250**  
Health Screening



Avoid additional  
**\$100**  
Health Risk Questionnaire



Up to  
**\$200**  
Take Action Activities

Isn't it time you started?

Reduce your health risks and use the screening as a starting point for a better you.

Visit [ra.staywell.com](http://ra.staywell.com) now.