



Carpenters Trusts of Western Washington

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April 9, 2009

Dear Participant and Family:

Mayo Clinic Health Assessment

It's time to take the annual online Mayo Clinic Health Assessment. The Mayo Clinic Health Assessment is an interactive, internet questionnaire that helps you assess your health strengths and your health risks, as well as what you can do to improve them. This valuable tool is available on our custom website – www.CarpentersHealth.org – to all non-Medicare participants and dependents age 18 and older. *Because taking the Health Assessment is an important way to help you improve your health, we're providing a \$75.00 gift incentive when you complete your Health Assessment.* The Health Assessment is available beginning April 9, 2009. The last day to take it is June 30, 2009. There will be no paper health assessment this year.

Health Assessment at www.CarpentersHealth.org

The following information may be helpful when you take the Mayo Clinic Health Assessment:

- The Health Assessment is an online, interactive questionnaire ***that takes about 15 minutes to complete.***
- When you complete the Health Assessment ***you'll get immediate feedback through an "Action Plan."*** Your "Action Plan" describes specific health risks and recommendations on how best to reduce them. You will also be linked to additional information, tools, and programs that address your particular needs, both from Mayo Clinic experts and from the Carpenters Health and Security Plan.
- When you take the online Health Assessment you are eligible for a ***\$75.00 gift incentive.***
- The Health Assessment is available ***beginning April 9, 2009 and ends June 30, 2009.***
- To take the Health Assessment, go to www.CarpentersHealth.org and log on. If you're new to the site, you'll need to register. If you've taken the Health Assessment before, you may need to re-register to confirm eligibility. Your ID or Member Number is on your Medical & Prescription ID Card. When you're logged in, you can begin taking the Health Assessment right away.
- For the most accurate results, you should have certain measurements available to you when taking the Health Assessment, including your height, weight, blood pressure, blood sugar, and cholesterol levels. If you do not have this information available, you can estimate these values and still receive meaningful results.

(over, please)

- Based on the results of your Health Assessment, you may be invited to participate in the Mayo Clinic EmbodyHealth Coaching. This program provides one-on-one phone counseling in the areas of nutrition, healthy weight, stress, and exercise.

Questions?

If you have any questions about the Mayo Clinic Health Assessment, please contact Participant Services at the Trust Office:

(206) 441-6514 Seattle Area

(800) 552-0635 Nationwide

www.ctww.org

Sincerely yours,

Board of Trustees
Carpenters Health and Security Trust
of Western Washington