



Midwest Area School Employees'
Insurance Trust



WELLNESS
Maintaining Awareness. Supporting Employees.

2019 Wellness Program January - December

The MASE Insurance Trustees announce the **2019 HRA Wellness Screenings** kickoff for our Trust members.

This year the screenings will be done at the primary and/or satellite Wellness Centers between January and December 2019. The Wellness Centers will plan to offer three or four special HRA/Lab events between June and October. If these events do not fit into your schedule, you will be allowed to contact the Wellness Center of your choice and make an appointment that is convenient for you.

Each eligible participant that completes both their Health Risk Appraisal (HRA) and lab screening by December 31, 2019 will receive a Walmart gift card.

Active employees, early retirees and their spouses who are covered under the MASE Insurance Trust Health Plan must complete both the HRA and the lab draw to be eligible for the \$25 gift card.



KNOW YOUR RISK FACTORS WHILE
THERE'S STILL TIME TO
DO SOMETHING ABOUT THEM

