

Attention: Indemnity PPO Medical Plan Participants

Don't Miss Out! **Take the HRQ Today!**



 Southern California
United Food & Commercial Workers Unions
and Food Employers Benefit Fund

Life Balance
My Health

- Lower Your Out-of-Pocket Medical Costs
- Learn More About the Condition of Your

That's right! Complete the **confidential** Staywell Health Risk Questionnaire (HRQ) by **May 1, 2009** and receive your **Personalized Health Report**.

Plus, you'll get an extra contribution to your Indemnity PPO Medical Plan's Health Reimbursement Account (HRA) – **up to \$250** - to help pay your share of covered medical expenses including PPO deductibles and prescription drug copays.

Important....

You will not get an HRQ in the mail unless you call and ask for a paper copy.



Don't Delay.

*Go online and do
the HRQ now...*

www.2009HRQ.com

Existen versiones en Español disponibles.

Si usted prefiere un Cuestionario impreso en español, o si necesita ayuda en español, por favor llame a la línea de asistencia de StayWell al 1-800-721-2763.

Have Questions? Need a Paper HRQ?

Call 1-800-721-2763