



It's Easy to Save Money by Knowing Your Health.

TESTING YOUR BIOMETRICS helps you know your health numbers such as cholesterol and blood pressure.

KNOWING YOUR NUMBERS helps you take better care of yourself.

ENGAGING A HEALTHCARE PROVIDER if needed can help you avoid bigger and more costly issues.

TAKING BETTER CARE OF YOURSELF helps us all save money on medical insurance.

PARTICIPATING IN BIOMETRIC SCREENING helps you earn discounts on what you pay for medical insurance!

**If we're all healthier,
we'll all save.**

LSS provides three easy options to help you save on your medical insurance now. Do one of the following to start saving:

- Register through Quest to visit a participating Quest Lab to complete your screening ANYTIME throughout the year.
- At your own home using the "At-Home" screening kit via mail. Register through Quest to select this option.
- Have the required labs completed and shared by your physician using the Quest Physician Results Form.

To earn your discount, participate in a biometric screening and:

- If you received 3 or more green checkmarks, you are good to go for another year!
- If you did not meet 3 or more metrics, you can still earn the wellness credit in one of two ways. (1) Visit the LSS Benefits website and print the "Physician Engagement" form for your physician to complete. Once completed, fax or email the form to Quest to receive your wellness credit.
OR
(2) Schedule a virtual appointment with 98point6 for a free consultation with a healthcare professional to receive your wellness credit.