

WELCOME

Nussbaum Transportation is continuing to expand your benefits package to include a wellness program. You'll get an email from us soon with instructions on how to join the program, but we wanted to tell you a little bit about what you will gain from participating in HealthCheck360.

HealthCheck360 is a wellness company devoted to improving health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your biometric screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

We understand everyone starts in a different spot, so we are here to meet you wherever you are. If you'd like to get some healthy hacks right away, check out the [HealthCheck360 blog](#).

WELLNESS REWARDS

In addition to gaining powerful and personalized information about your health and well-being, we will offer wellness rewards for participating fully by Friday, March 22nd:

- Complete a biometric screening
- Take the short and easy Health Risk Assessment (HRA) Survey
- Score 71 or greater or improve 5+ points
- Complete a Review of Findings Coaching (ROF) call
- Compliant in Condition Management (CM) Program (does not apply to all participants)

We care about your well-being, and we are committed to helping you achieve a healthy lifestyle.

Peg Balducci
309.319.9269
Peg.balducci@nussbaum.com

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 and, if you wish, your primary care physician for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by 04/26/2024.

NOTICE REGARDING WELLNESS PROGRAM

Nussbaum Transportation sponsors HealthCheck360, a voluntary wellness program available to employees and spouses on the health plan. The program is administered according to federal rules permitting employer-sponsored wellness programs that seek to improve employee health or prevent disease, including the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others. If you choose to participate in the wellness program you will be asked to complete a voluntary health risk assessment or "HRA" that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be asked to complete a biometric screening, which will include a blood test for HDL, LDL, Triglycerides, Total Cholesterol, Glucose, GGT, Cotinine, Creatinine, Albumin, ALP, Total Protein, ALT, AST, GSP, Bilirubin, Globulin, and BUN. The blood test may also include A1c. You are not required to complete the HRA or to participate in the blood test or other medical examinations.

However, employees and spouses on the health plan who choose to participate in the wellness program will receive an incentive of \$312 for completing the program requirements or \$624 for also meeting the score outcome. Although you are not required to complete the HRA or participate in the biometric screening, only employees and spouses on the health plan who do so will receive the premium differential incentive.

If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by contacting HealthCheck360 at 1-866-511-0360 or support@healthcheck360.com by April 26, 2024.

The information from your HRA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as Health Coaching and Condition Management. You also are encouraged to share your results or concerns with your own doctor.



Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although the wellness program and Nussbaum Transportation may use aggregate information it collects to design a program based on identified health risks in the workplace, HealthCheck360 will never disclose any of your personal information either publicly or to the employer, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be asked or required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by the same confidentiality requirements. The only individual(s) who will receive your personally identifiable health information is (are) employees of HealthCheck360 in order to provide you with services under the wellness program.

In addition, all medical information obtained through the wellness program will be maintained separate from your personnel records, information stored electronically will be encrypted, and no information you provide as part of the wellness program will be used in making any employment decision. Appropriate precautions will be taken to avoid any data breach, and in the event a data breach occurs involving information you provide in connection with the wellness program, we will notify you immediately.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate.

If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Peg Balducci, or contact HealthCheck360 at 866-511-0360 or support@healthcheck360.com.





REAL RESULTS FOR REAL PEOPLE.

WELLNESS INCENTIVES AT NUSSBAUM TRANSPORTATION

Nussbaum Transportation is continuing to team up with HealthCheck360 to provide you with a wellness program. HealthCheck360 is devoted to improving your health and overall wellbeing with tools, motivation, and support to be a healthier you.

Complete the following steps to earn \$312 for completing the program requirements or \$624 for also meeting the score outcome from Nussbaum Transportation.

COMPLETE EACH STEP	WHERE TO GO	DEADLINE TO COMPLETE
Biometric Screening Onsite Screening Dates: 2/3/2023 & 2/4/2023 Offsite Options: LabCorp Clinics & Physician Form	myHealthCheck360 Mobile app or myHealthCheck360.com	Schedule onsite appt by: 1/12/2024 Walk-in Clinics Open: 12/26/2023 – 03/08/2024 Physician Form: 12/26/2023 – 02/29/2024
Health Survey Complete the short and easy health survey	myHealthCheck360 mobile app or myHealthCheck360.com	3/22/2024
Review of Findings Health Coaching Call Complete a health coaching call and review your results with a HealthCheck360 health coach.	myHealthCheck360 mobile app or myHealthCheck360.com	Schedule by: 3/08/2024 Complete by: 3/22/2024
Condition Management Employees who are not compliant with recommended cares by 3/31/24 will pay a surcharge of \$10/week for health plan premiums on 5/1/24. Employees who are compliant will avoid the surcharge & receive a \$100 gift card. Spouses will not impact premiums, but can earn a \$100 gift card.	myCare360 app or myCare360.com	Measurement Period: 4/1/2023 – 3/31/2024



CREATE YOUR ACCOUNT

- Download the myHealthCheck360 mobile app or go to myHealthCheck360.com
- First time users click Create an Account
 - Company Code: **NBAUM**
 - Unique ID: **Last 4 SSN**

NEW HIRES

Any new hires starting after 2/29/2024 will automatically receive the incentive for the remainder of the year. To continue with the incentive, you must participate in the 2023 wellness program.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by April 26, 2024.



REAL RESULTS FOR REAL PEOPLE.

WELLNESS MADE EASY

Download the myHealthCheck360 mobile app today!



EVERYTHING AT YOUR FINGERTIPS

HealthCheck360 provides you access to your wellness program anytime, anywhere with the myHealthCheck360 mobile app. You have everything at your fingertips! Get started with the myHealthCheck360 mobile app by following the steps below.

CREATE YOUR ACCOUNT

- Download the myHealthCheck360 app.
- Click **Create an account** and enter your information.
 - Your company code is **NBAUM**
 - Your unique identifier is your **last 4 SSN**
- Agree to the terms and conditions and click **SIGN UP**.

LOOKING FOR MORE HOW TO'S ON THE APP?

Visit our [Knowledge Base](#).



PRO TIP

CONNECT YOUR DEVICE

Get the most from your myHealthCheck360 experience by connecting a device like FitBit or Garmin, or a tracking app like Apple Health or MyFitnessPal.

TO CONNECT A DEVICE

- Select the **menu icon** (≡) at the top of your screen.
- Select **Connect Apps & Devices**.
- Find your fitness app or device and select **Connect**.
- Select **OK** and login to your fitness app's account.



REAL RESULTS FOR REAL PEOPLE.

VALUABLE HEALTH INSIGHTS

Receive objective, measurable results year-after-year. Complete program components to earn the incentive from Nussbaum Transportation.

RESERVE YOUR **ONSITE**
SCREENING APPOINTMENT BY:
1/12/2024



SCHEDULE YOUR ONSITE OR LABCORP SCREENING

- Log into your myHealthCheck360 app.
- Select **Schedule Biometric Screening** from the **Dashboard**.
- You will have the option to select from an onsite visit or a LabCorp facility.
 - If selecting an **Offsite Lab**, enter your address to find a LabCorp nearest to you. To choose one, click **Select**.
- Accept the **Health Screening Consent** form by checking the “I agree” box. In the **Signature** section below the consent, enter your first & last name and date, then click **Proceed to Confirmation**.
- You will receive an email confirmation for your screening. The paperwork needed for your screening will be emailed to you.

COMPLETE A SCREENING WITH YOUR PHYSICIAN

- Log into www.myHealthCheck360.com.
- Select **Download/Submit Physician Form** from your dashboard.
 - Download and print a copy of the Physician Screening Form. Bring this with you to your appointment. Have your physician complete the form.
- Once your visit is complete, select **Download/Submit Physician Form** from your dashboard.
 - Fill in all required fields and upload a copy of your completed form.

BENEFITS OF PARTICIPATING



Independence

You have the option to get more or less involved depending on your interests. The wellness program is customizable to your needs.



Convenience

Flexible program to make all components quick and easy for you.



And more

One-on-one support from trained health professionals, company challenges to compete with your co-workers, and monthly webinars, just to name a few.



Complete Access

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go at any time.



Confidentiality

Everything is confidential; your personal results will not be shared with anyone at your company.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by April 26, 2024.



PREPARING FOR YOUR SCREENING

As you prepare for your health screening, log in to your myHealthCheck360 app to review your previous year's results and know your numbers. You'll ace your screening if you follow these tips:



Wear a face mask or covering

It is recommended to wear a face mask or covering when entering the screening area.



Fast 8 - 12 hours before your screening

Fasting is important to obtain accurate results. Do not eat or drink anything other than water 8-12 hours prior to your screening. In days leading up to your screening and prior to fasting, try not to make drastic changes to your diet.

Talk with your personal physician before fasting if you are diabetic, pregnant, or taking any prescribed medication(s).



Drink lots of water

Drink plenty of water the night before and the morning of your screening. Staying hydrated will help make the screening process more comfortable.



Arrive 5 - 10 minutes early

Registration will take a few minutes before your screening appointment. Arriving early will keep things moving on time, so you can get back to your day as soon as possible.



Relax

If you are feeling nervous or have difficulty giving blood, please tell the certified health professional. Your screening should be a positive experience and it is important to us that you feel comfortable.



Completely Confidential

Results of your individual screening are completely confidential. Your Protected Health Information will not be shared with your employer.

HEALTH SCREENING

WHAT TO EXPECT AT YOUR NEXT HEALTH SCREENING.

HEIGHT

Stand tall with your back to the height stand and shoes removed when having your height measured.



BLOOD PRESSURE

If your blood pressure measures above 120/80, it will be retaken on the opposite arm after the blood draw is complete.



WAIST

Place the measuring tape at your **navel** and turn 360°. Be sure to keep the tape even and close to your body for an accurate measurement.

Pregnant participants: Please note that we will still need to take your waist measurements.

WEIGHT

Remove your shoes, any bulky clothing, and items in your pockets. Stand on the scale provided with your shoes removed and verify your weight with the examiner.



NECK

The examiner measures the circumference of your neck, just below the larynx. If you have long hair, you may be asked to lift your hair to allow for an accurate measurement.

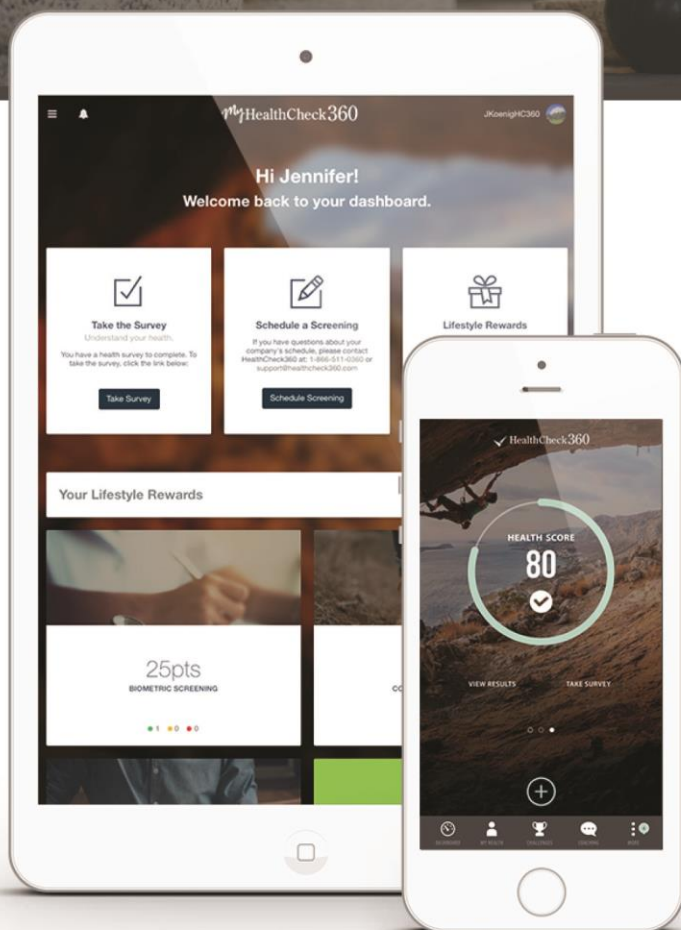


BLOOD DRAW

Two samples will be taken from the inside of the elbow using the veni-puncture method. Drink plenty of water the evening prior and the morning of your screenings.

TIPS

- Wear a short sleeved shirt and remove any clothing with tight sleeves before having your blood pressure measured.
- Don't forget to refuel! Enjoy a nutritious meal after your screening.
- Examiners will record body measurements to the nearest 1/4".
- After your measurements are taken, the examiner will ask you to verify and initial measurements. At this point, you have the opportunity to have these measurements retaken prior to initialing. You will not have another opportunity to adjust the measurements after initialing.



COMPLETE YOUR SURVEY

Please take a couple of minutes to complete your health survey. This is a required component in order to earn the incentive from Nussbaum Transportation. Your answers are not shared with anyone at Nussbaum, and they have no effect on your overall health score.

COMPLETE YOUR SURVEY BY 3/22/2024

- Log into your myHealthCheck360 app.
- First time users should create an account:
 - Your company code is **NBAUM**
 - Your unique identifier is your **last 4 SSN**
- Select **Take Survey** from the **Dashboard**.

FAQ

What if I don't have a smart phone? Log in by visiting myHealthCheck360.com.

What if I forgot my password or username? Click on forgot username or password and enter your personal information, company code (NBAUM) and Unique Identifier (Last 4 SSN) and select Submit.

How long will it take to complete the survey? The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Nussbaum.

What is the program deadline? All steps must be complete by March 24, 2023.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by April 26, 2024.

VIEW YOUR MYHEALTHCHECK360 HEALTH REPORT

By participating in the HealthCheck360 program, you have taken a big step in the right direction towards improving your overall health. Now that you have completed your biometric screening and your health report is in, it's time to take a look! Follow the steps below to get started:

VIEW YOUR HEALTH REPORT ON THE MYHEALTHCHECK360 MOBILE APP:

- Log into your myHealthCheck360 app.
- Select **My Health** at the bottom of the screen.
- Your individual health score will show.
 - For more information on each biometric, tap on the biometric you'd like to learn more about.

QUESTIONS ON YOUR HEALTH REPORT?

Health Coaching is a free resource for you! Give our team a call at 866-511-0360 x5099 to get a coaching call scheduled today. Our coaches can help you:

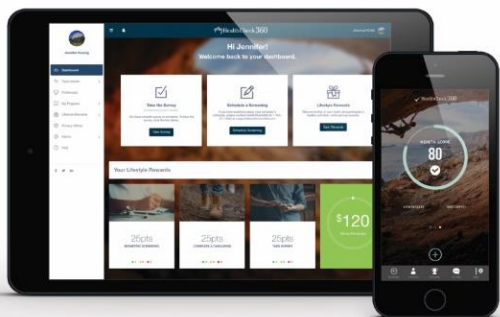
- Understand biometric results.
- Become aware of lifestyle habits.
- Set attainable health goals.
- Gain confidence in ability to improve personal health.

WANT TO SHARE YOUR RESULTS?

Sharing your results with your physician is easy! Either bring your myHealthCheck360 mobile app with you to your appointment, or fax a summary of your results directly to your Physician from the myHealthCheck360 website. To fax your results:

- Log into your myHealthCheck360 account.
- Select **My Health** from the bottom of the screen.
- Select **Fax Report to Physician** found under your health score.
 - Fill in your contact information and your physician's fax information.
 - Select **Submit**.
- You will receive a notification when the fax has been successfully sent to your physician.

RESERVE YOUR COACHING
APPOINTMENT BY:
3/08/2023



LONG-TERM RESULTS, SIMPLE STEPS

Talk with a trained professional to understand your screening results and focus on improving your overall wellbeing. This is a required component of your wellness program in order to earn the incentive from Nussbaum Transportation.

SCHEDULE YOUR COACHING CALL

- Log into your myHealthCheck360 app.
 - Select the **menu icon** (≡) at the top of your screen.
 - Click **Talk to a Health Coach** and select **Next**.
 - Select a date shaded in green and choose a time.
 - Provide the best phone number to reach you and select **Confirm**.
- You will receive a confirmation email with details about your call.

HOW DOES HEALTH COACHING WORK

- Complete your health survey 48 hours before your call, review your results & come prepared with questions: Your health coach is a great resource for any questions you have.
- Complete Scheduled Call: You will have the chance to review your results with a HealthCheck360 Coach over the phone.
- Set Goals: On the call, you will work with your coach to set reachable goals.
- Follow-up Support: Health coaching is a **FREE** service for you. You have the option of unlimited inbound coaching.

FAQ

What if I need to reschedule or cancel my appointment? Select the **menu icon** (≡) at the top of your screen, click **Talk to a Health Coach** and select cancel appointment. To reschedule, follow the steps above.

What if I forgot my password and can't login? Follow the password reset prompts. Your company code is **NBAUM**.

What if I need to update my phone number for my coaching call? Select the **menu icon** (≡) at the top of your screen. Select **My Account** then **Contact**. Update your information and select **Update**.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by April 26, 2024.

NUSSBAUM REASONABLE ALTERNATIVE STANDARD INFORMATION

Participants have the opportunity to earn \$312 for completing the program requirements or \$624 for also meeting the score outcome. If you are unable to meet a health outcome, earning the same incentive is possible through a reasonable alternative process.

WHAT DOES THIS MEAN?

If you complete all 3 components of the program (screening, HRA survey, and coaching call) but did not score ≥ 71 or improve by 5+ points, you still have an opportunity to earn the incentive for the year.

HOW DO I START THE RAS PROGRAM?

Option 1: Contact HealthCheck360 support at 866.511.0360 or support@healthcheck360.com and request a reasonable alternative standard.

Option 2: Log into your myHealthCheck360 account and select "Send Reasonable Alternative Request" from the tile on your dashboard.

HOW DO I COMPLETE THE RAS PROGRAM?

Track your activity and nutrition 3x per week for 12 of 14 weeks on the myHealthCheck360 mobile app or website.

WHEN DO I NEED TO ENROLL BY?

The deadline to enroll in the RAS program is April 26, 2024. The deadline to complete the program is August 2, 2024.

ADDITIONAL HEALTHCHECK360 RESOURCES



MOBILE APP

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go.



UNLIMITED HEALTH COACHING

Contact us at 1-866-511-0360 ext. 5099 to speak to a health coach anytime, completely free.



LUNCH AND LEARN WEBINARS

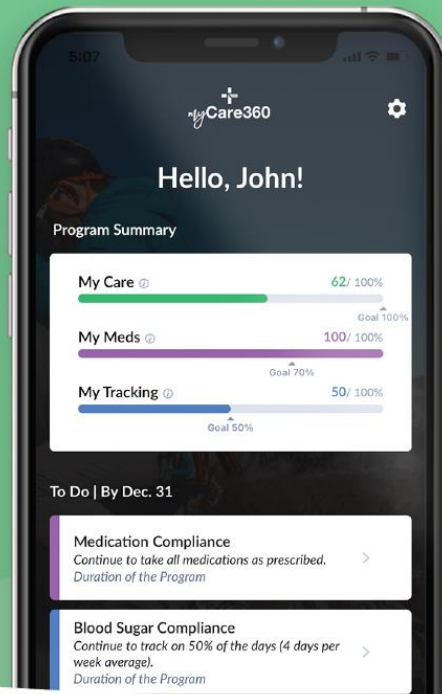
Listen in the first Wednesday of every month for our Health Coaching team's favorite health hacks



SOCIAL MEDIA

Follow us Facebook, Twitter, and Instagram for quick tips year round and the chance to win prizes!

Care Made Simple



DOWNLOAD NOW >>

myCare360

Nussbaum Transportation understands the importance of good health and offers the myCare360 program to support participants who are managing a chronic condition. Participants receive exclusive access to HealthCheck360’s team of clinical experts and support via the easy-to-use mycare360 mobile app. **Conditions included in the program are diabetes and high blood pressure.**

Employees who are not compliant with recommended cares by 3/31/24 will pay a surcharge of \$10/week for health plan premiums on 5/1/24. Employees who are compliant will avoid the surcharge & receive a \$100 gift card. Spouses will not impact premiums, but can earn a \$100 gift card. **Deadline is 3/31/24.**

Getting Started

1. **Download** the mycare360 mobile app to view your progress!
 - Scan the QR code or search “myCare360 in the app store.
 - Company Code: NBAUM
 - Unique ID: Last 4 SSN

2. Reach out to the myCare360 team with questions.
 - Call 866-511-0360 ex 5635
 - Email myCare360@healthcheck360.com
 - Calls will come from a 563 area code

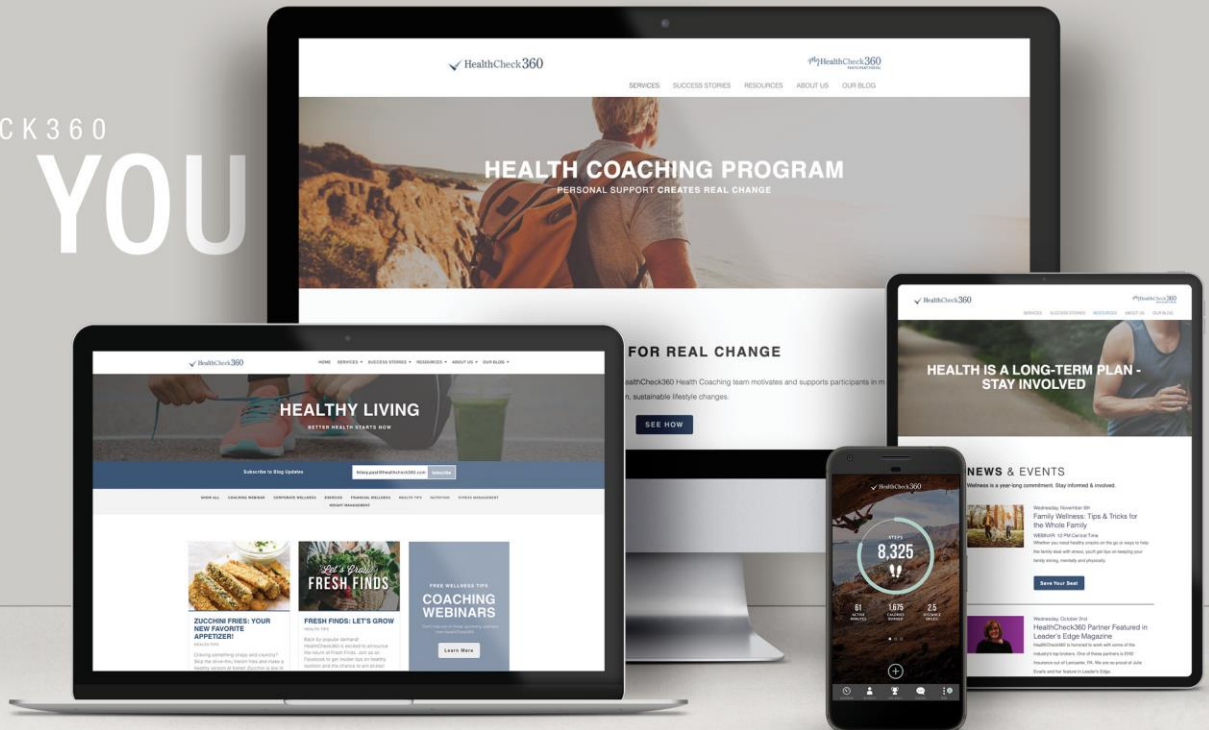


FAQ

Is my information confidential? Yes, all information discussed with a HealthCheck360 care manager is strictly confidential.

Who is HealthCheck360? HealthCheck360 is a partner of your company’s health plan, here to support participants with maintaining a healthy lifestyle as well as supporting participants with chronic conditions in navigating the complex healthcare system.

HEALTHCHECK360 FOR YOU



HEALTHCHECK360 FOR YOU

HealthCheck360 is your well-being partner, devoted to improving your health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you in your journey to a healthier you.

Check out these great resources available to you!



MOBILE APP

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go.

Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.



UNLIMITED HEALTH COACHING

Contact us at 1.866.511.0360 ext. 5099 to speak to a health coach anytime, completely free.



LUNCH & LEARN WEBINARS

Join us the first Wednesday of every month for tips, tricks, and hacks, directly from our health coaches. Register for upcoming webinars on our [blog](#).



MONTHLY CALENDARS & NEWSLETTERS

Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.



BLOG ARTICLES

Subscribe to the HealthCheck360 [blog](#) to get recipes, exercises, health tips and more!



SOCIAL MEDIA

Follow us on Facebook, Twitter, and Instagram for quick tips year-round and the chance to win prizes!

DOWNLOAD OUR **MOBILE APP**



The myHealthCheck360 mobile app connects you anytime, anywhere.

« DOWNLOAD TODAY

CONTACT US

Have questions? We're here to support and guide you every step of the way. Contact us today for more information.

HEALTHCHECK360 SUPPORT

P: 866.511.0360

E: support@healthcheck360.com

FREE HEALTH COACHING

P: 866.511.0360 ext. 5099

E: healthcoach@healthcheck360.com

HEALTHCHECK360 CONDITION MANAGEMENT

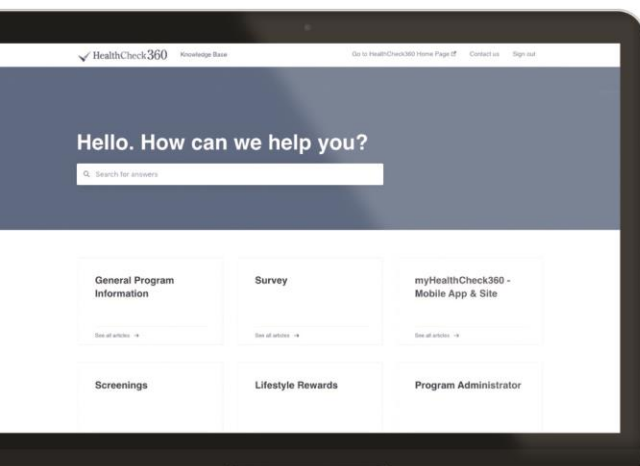
P: 866.511.0360 ext. 5635

E: conditionmanagement@healthcheck360.com

PEG BALDUCCI, HUMAN RESOURCES/SAFETY

P: 309.319.9269

E: peg.balducci@nussbaum.com



WANT MORE?

Check out the HealthCheck360 Knowledge Base for everything you need to know about the myHealthCheck360 mobile app and online portal.

CHECK IT OUT NOW
WWW.HEALTHCHECK360.COM/KNOWLEDGE