

SAVE \$500

ON YOUR MAJOR MEDICAL DEDUCTIBLE

All employees and retirees covered on the LPSB Blue Cross Blue Shield Medical Plan who complete the steps below by **November 30, 2020** can save \$500 on the major medical deductible. Spouses covered on the health plan are also eligible to participate. Invest in yourself and look ahead to a healthier, happier future.

GET STARTED TODAY!

MyHealthPark.com/LPSB

- **Employee Username:** LPSB followed by employee ID
- **Spouse Username:** LPSBSP followed by the employee's ID



Health Screening and Flu Shot Clinic

Annual screenings help identify conditions that may otherwise go undetected. Knowing your numbers can help you learn more about your health and reduce your risk for chronic diseases.

Schedule an appointment for an onsite screening on the Assessment page in Health Park. For your protection and the protection of our staff, appointments are required. Please wear a mask and arrive at your designated time to help adhere to social distancing guidelines. If you are on the LPSB medical plan, please bring your BCBS insurance ID card to participate.

Retirees on the BCBS plan must screen at the main office.

New this year! If you are unable to participate in the onsite screening, visit the Assessment page in Health Park to request an offsite screening voucher and complete your screening at your nearest LabCorp facility.

Please Note: Retirees on the Humana health plan are no longer eligible for onsite screening events. Contact your healthcare provider for your annual screening.



Healthcare IQ

The online Healthcare IQ questionnaire is designed to help you better understand your health plan so that you can become a more informed healthcare consumer. Making better, more informed decisions when it comes to your healthcare is the first step in improving your health and getting the care you need.

Visit the Assessment page in Health Park to complete the questionnaire.



Connect with your CarePlus Nurse

The Sterling CarePlus Coaching program is available to help you manage your chronic condition or existing illness. Through this free service, you have access to a registered nurse who can help you keep your condition under control and offer the support you need to feel your best and prevent future complications.

Schedule an appointment in Health Park or call 1-800-838-0337.