

EMPLOYEES AND SPOUSES enrolled in Lexington's Medical Plan **must complete** the following in **2016** to receive their premium savings in **2017**:

- CDPHP Personal Health Assessment
- **Biometrics Screening**
- Routine Physical Exam- every two (2) years (during 2015 or 2016)

In addition, **EMPLOYEES** must:

- Complete the Tobacco Free Affidavit if you do not use tobacco or if you were unable to attest to being Tobacco Free you must complete the "Reasonable Alternative Smoking Cessation" Workshop by **December 31, 2016**.
AND
- Receive a verified blood pressure measurement (from Lexington Free Biometrics Screening or via the "Physician's Screening Form") equal to or less than 119/79 completed and Submitted by **December 15, 2016**.
OR
- Read the "Release the Pressure" document provided by CDPHP and complete the corresponding quiz on the Lexington Wellness Website no later than **December 31, 2016**.



LAST BIOMETRIC SCREENINGS BEING OFFERED IN 2016

For Lexington employees and spouses enrolled in Lexington's Medical Plan

Location	Date	Time	Registration Deadline
Gloversville (Gym) 127 E. State St.	Wed. Nov. 2 nd	12 - 6pm	Wed. Oct. 26 th
Gloversville (Gym) 127 E. State St.	Thurs. Nov 3 rd	7:30am - 1:30pm	Thurs. Oct. 27 th
Guilderland (Conference Room) 2301 Western Ave.	Thurs. Nov. 10 th	11am - 1pm	Thurs. Nov. 3 rd
St. Johnsville-Oppenheim (Multi-purpose Room) 405 Co. Hwy. 114	Tues. Nov. 15 th	1:30pm – 6pm	Tues. Nov. 8 th

Take advantage of free health screenings provided by CDPHP® and St. Peter's Cardiac and Vascular Center.

- Blood pressure
- Body composition with body fat percentage and BMI
- Cholesterol
- Glucose

To schedule an appointment, you must contact the appropriate point person for the clinic you want to attend, as follows:

Location	Contact	Phone
Guilderland (2301 Western Ave)	Diane Bellamy	(518) 218-7310 Extension 301
Gloversville (127 E. State Street)	Bridgett Nestor	(518) 775-5422
St. Johnsville (Oppenheim) (405 County Highway 114)	Donna Steenburgh or Vicki Scheuerman	(518) 568-3102

