



## Your Blueprint for Wellness: Health Assessment and Screening

*Better Health. Better Future. Better You.*

### Blueprint for Wellness Overview

3M has partnered with the nation's leading laboratory testing, information and services provider, Quest Diagnostics, to deliver a program to help our employees live healthier and longer lives.

3M will NOT have access to your individual results.

### Eligibility

Active, U.S. employees who are *eligible* for a 3M medical plan are invited to participate. Employees in Puerto Rico and certain subsidiaries are not eligible.

### Be Rewarded

3M is happy to cover the cost of this program and reward you for taking this important step towards better health:

- Just for completing the online health assessment and screening, you will earn a \$50 cash reward.\*\*
- 100 people will win free individual premiums\* under the 3M medical plan in 2012 through a random drawing, if 3M as a company reaches 65 percent participation.
- At least one employee per 3M site will win a \$500 cash reward\*\* through a random drawing, if their site has at least 75 percent participation.

### Important Dates

#### Jan. 31, 2011: Program starts

- Registration begins for wellness screening
- Health Assessment opens

#### March 8 – May 13, 2011: Onsite events take place at many 3M locations

- Be sure to view the scheduler to see if a screening will be offered at your location. You must register three weeks prior to the onsite screening in order to allow for staffing. Sign up as soon as you can!
- If your location does not have an onsite screening, you still can participate! See the back of this handout.

#### May 20, 2011: Program ends

- Health Assessment closes
- Last day to go to a Patient Service Center or submit a Physician Results Collection form.

### Your Privacy Is Important

All information obtained by 3M's external vendor, Quest Diagnostics, is personal and confidential, as protected by federal law.

3M will not have access to your individual results; 3M will receive the overall, aggregate results to ensure we offer health and wellness programs that best meet our employees' needs.

Results will NOT be sent to 3M medical plan administrators – Blue Cross and Blue Shield of Minnesota and HealthPartners.

**More information about this program is on the back of this handout.**

\*Premiums are the money you pay for coverage under the 3M medical plan. The premium payments are deducted automatically from your gross salary, which can be reviewed on your pay stub. If you won this incentive reward (free premiums for individual coverage under the 3M medical plan in 2012), and you elect family coverage, you would be responsible for paying the difference in premiums between individual and family coverage. You must be an active employee to be eligible to receive the free 3M medical plan premiums in 2012.

\*\* By law, the cash reward, as well as applicable taxes paid by 3M on winners' behalf, is considered 2011 taxable. You will receive your award the same way you receive your pay check, either through direct deposit or paper check, up to four weeks after completing both the health assessment and screening.



## Screening Details

The screening portion takes 10-15 minutes to complete and includes:

- Blood Lipids (total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides)
- Glucose
- Hemoglobin A1c
- Blood pressure, height, weight and body mass index

## How to Get Screened

1. **Register and attend a convenient screening at your 3M site.**
  - Not all locations offer these; if your site does not, use one of the options below.
2. **Register and participate through the Quest Diagnostics Patient Service Center (PSC) option.**
  - Once you log-in the Blueprint for Wellness system, click "I need to find a collection site" under "Wellness for Participants". Follow the steps; when asked for reason for testing, select "Employer and wellness services"
  - Print the confirmation page to take to your PSC location.
3. **If options 1 and 2 are not possible, submit a Physician Results Collection Form from Jan. 31 - May 20, 2011.**
  - The form will be available Jan. 31 on 3M Source.
  - All tests must be taken between **Dec. 1, 2010, and May 20, 2011**. Your doctor must report all values on the form (the only value that can be omitted is the Hemoglobin A1c, if it was not included).
  - Be sure to review some important considerations on 3M Source before choosing this option.

## Learn More

Click 3M Source > Life & Career > Healthy Living Resources > For a Healthier You > 2011 Incentives > Your Blueprint for Wellness: Health Assessment and Screening

*By providing you with this program and the MyHealth Profile/Personal Wellness Report, 3M does not assume any responsibility for its contents or your health. 3M is not a health care provider. You should consult your primary care provider with questions about your health. It is your responsibility to better understand the values and how they may affect your health. 3M reserves the right to modify the terms of the incentive program or terminate it in its entirety. All decisions by 3M are final and binding on all individuals.*



## Screening Preparation Checklist

- ✓ Do not eat or drink anything (other than water) for 9-12 hours before your screening appointment
- ✓ Drink plenty of water before your scheduled screening
- ✓ Take any regularly scheduled medications as usual
- ✓ If you are diabetic, follow your normal routine and let the screening personnel know when you arrive if you were unable to fast

## Health Assessment Details

The online health assessment takes 15-20 minutes.

- It is recommended to take the online assessment at the same time you schedule your screening.
- You do not need your results from your screening to complete your health assessment.
- All questions must be answered prior to submitting. If you are unsure of an answer (for example, your blood pressure), answer "I don't know."
- Be sure to submit when done.

## MyHealth Profile / Personal Wellness Report

Once you've completed both the health assessment and screening, you'll receive a "MyHealth Profile / Personal Wellness Report" at your home.

Use the report to focus your health efforts on behaviors that have the most impact. If you participated in 2009, your report will show comparative data.

We encourage you to share your report with your doctor.