

MCPS Well Aware Presents:

WELLNESS INITIATIVES

Save Your Life & Your Money

Through the MCPS Wellness Initiatives program, you can reduce your financial contribution to your medical insurance while learning about your vital health numbers like blood pressure, cholesterol, and blood sugar.



YOU WILL PAY 2 PERCENT LESS of the total cost of your health insurance if each year you complete both—

- **biometric health screenings**
 - **an online health risk assessment**
- AND**

IF YOU ARE A SMOKER, you can avoid paying 25 percent more of the total cost of your health insurance by quitting!*

Details are available on the Wellness Initiatives web page. Just type **“Wellness Initiatives”** in the search bar on any MCPS web page.

**You need to be tobacco-free for 12 months prior to each January 1 effective date to avoid the smoker surcharge.*

For more information,
call ERSC at 301-517-8100
or e-mail your questions to
wellness@mcpsmd.org.

DON'T MISS OUT!

Your biometric health screenings and health risk assessment must be completed by **October 2, 2020**, for the incentives to take effect on January 1, 2021. To maintain the rate reductions, complete the screenings and assessment yearly.

