



CREDENCE
WELL-BEING

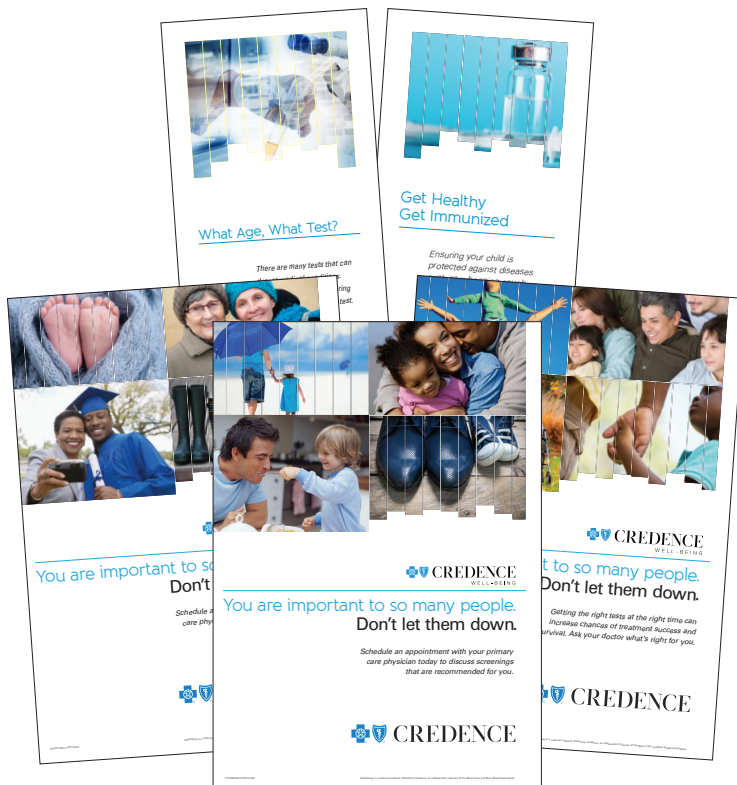
How to Use the Preventive Screenings Tool Kit

Providing health and wellness information is the first step in helping your employees better manage their health. Credence offers the Preventive Screenings Tool Kit as a program guide to help you educate employees about the importance of preventive screenings for adults.

Facts About Preventive Screenings:

- Preventive care is one of the most important ways to improve the health of individuals and control rising healthcare costs.

- Many people do not know which preventive screenings are recommended or understand their risk factors. Educating your employees about preventive screenings empowers them to seek the appropriate screenings.
- Disease, injury and premature death can often be avoided if preventive screenings are delivered as recommended.
- Healthcare costs can be controlled by shifting spending from high-cost disease treatment to low-cost early detection or intervention.
- Take this opportunity to remind your employees which preventive screenings and benefits are covered on your plans, and consider adding coverage for preventive screenings that are not currently covered.



It's easy to download the Preventive Screenings Tool Kit materials, simply follow these steps:

1. Go to CredenceBlue.com/Employers.

2. Select "Forms and Materials."

3. Enter the form number for the materials you'd like to download.

- Download and print materials from the tool kit, or
- Call your Marketing Representative to order materials for your wellness campaign

Form

Title

FHV47CNA	Preventive Screenings: Women
FHV48CNA	Preventive Screenings: Men
FHV49CNA	Preventive Screenings: Family
FYH12CNA	Get Healthy, Get Immunized-Handout
FYH30CNA	What Age, What Test?-Handout



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Here are a few suggestions for using the Preventive Screenings Tool Kit:

- Invite a local nurse or doctor to speak to your employees about the importance of preventive screenings for adults. Use the materials in this tool kit as class handouts.
- Schedule a health fair and offer some on-site screenings. Provide the brochures and wallet cards for employees visiting the health fair.
- Use the educational calendar and corresponding FYH pieces in your company newsletter, email blasts or staff meetings.
- Use several means of communication to spread the message about the importance of preventive screenings.
- Use a quiz to test your employees' knowledge. Draw a prize winner from the correct responses.
- Place the posters around your facility to remind employees to schedule preventive screenings.

Prevention Quarterly Calendar

- We believe in the adage, "An ounce of prevention is worth a pound of cure." Credence has provided ideas for you to share with your employees throughout the year about maintaining health through awareness and early detection.
- This quarterly calendar highlights national observance topics surrounding prevention and suggests accompanying educational materials (complete with title and stock number for easy ordering or downloading) that can help you spread the word.

Quarter 1: Raising Your Awareness

Stock #	Title
FYH4CNA	Lowering Your Cholesterol
FYH47CNA	Coronary Artery Disease: Know the Signs

Quarter 3: Men's Health and Immunizations

Stock #	Title
FYH121CNA	Prostate Cancer: Are You at Risk?
FYH139CNA	Testicular Cancer: Early Detection is Essential
FYH12CNA	Get Healthy, Get Immunized
FYH60CNA	Forecasting Flu Season

Quarter 2: Preventive Screenings and Nutrition

Stock #	Title
FYH30CNA	What Age, What Test?
FYH185CNA	Colorectal Cancer: What You Should Know
FYH99CNA	Food for the Heart
FYH189CNA	Better Health with Fruits and Vegetables

Quarter 4: Women's Health and Stress Management

Stock #	Title
FYH46CNA	Breast Cancer: Take Steps for Early Detection
FYH183CNA	Cervical Cancer: What You Should Know
FYH11CNA	Give Stress a Rest
FYH14CNA	Exercise: Make Time for It