### Email from MANAGER or HIR Announcing Catapult to Eligible ASSOCIATES – 6-8 Weeks Out

**Subject Line:** Earn credit towards your ARBenefits Wellness Premium Discount at work!

Team,

Exciting news! ARBenefits has partnered with Catapult Health, an innovative healthcare provider, again this year to offer preventive health checkups at work. It’s like going to your doctor’s office, without the hassle!

Not only will you receive valuable information about your health, you will earn credit towards your ARBenefits Wellness Program requirements. Completing a Catapult checkup satisfies all requirements\*.

What is so great about this benefit?

* **It is Easy** – a stress-free way to earn your Wellness Premium Discount
* **It is Free** – covered 100% for active ASE and PSE plan members and covered spouses
* **It is Fast & Convenient** – appointments only take 30-40 minutes, at work!
* **It is Strictly Confidential** – your individual results will not be shared without your permission

Please take 2 minutes and sign up now! The best appointment times go fast, so don’t wait.

[www.TimeConfirm.com/ARBenefits](http://www.timeconfirm.com/ARBenefits)

I am proud we are able to offer this innovative benefit to our associates – please take advantage!

Best Wishes,

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[Name, Title]

**What to expect:** The appointment consists of a quick, lab-accurate bloodwork analysis (don’t worry, it’s just a finger stick), blood pressure and BMI measurements, and a tele-consult with a registered nurse practitioner. Catapult Health Checkups are by appointment only; appointments can be changed or canceled at any time. Participation in this health checkup is not recommended for pregnant women or those who have had a double mastectomy with bilateral lymph node removal. If this pertains to you, please continue care with your personal physician and contact EBD for further information on meeting requirements.

\*If you are a current tobacco user or test Positive for Cotinine, you will need to enroll in the Tobacco Cessation program through Health Advantage in order to qualify for the 2020 health plan incentive.

### Appointment Invite 1: 4-5 Weeks Out

**Subject Line:** Earn credit towards your ARBenefits Wellness Program Requirements at work!

Hello (First Name),

ARBenefits has invited Catapult Health to provide state-of-the-art preventive health checkups, right here at work! With only a finger stick and in just 30-40 minutes, you’ll experience the future of medicine as you interact privately over live video with a board-certified Catapult Health Nurse Practitioner.

This is an easy way to earn credit towards your Wellness Program Discount in 2019 without even having to leave work. ***Don’t miss out!***

[www.TimeConfirm.com/ARBenefits](http://www.timeconfirm.com/ARBenefits)

The best times go fast, so please take 2 minutes to secure your appointment now.

[Name, Title]

**What to expect:** The appointment consists of a quick, lab-accurate bloodwork analysis (don’t worry, it’s just a finger stick), blood pressure and BMI measurements, and a tele-consult with a registered nurse practitioner. Catapult Health Checkups are by appointment only; appointments can be changed or canceled at any time. Participation in this health checkup is not recommended for pregnant women or those who have had a double mastectomy with bilateral lymph node removal. If this pertains to you, please continue care with your personal physician and contact EBD for further information on meeting requirements.

If you are a current tobacco user or test Positive for Cotinine, you will need to enroll in the Tobacco Cessation program through Health Advantage in order to qualify for the 2020 health plan incentive.

### Appointment Invite 2: Reminder – 2 Weeks Out

**Subject Line:** Time Is Running Out – Sign up for your Health Checkup today!

Hello (First Name),

Time is running out to sign up for your 30 to 40-minute preventive health checkup and earn credit toward your ARBenefits Wellness Program Requirements right here at work.

***Appointments are filling up fast, so hurry and sign up now!***

[www.TimeConfirm.com/ARBenefits](http://www.timeconfirm.com/ARBenefits)

[Name, Title]

**What to expect:** The appointment consists of a quick, lab-accurate bloodwork analysis (don’t worry, it’s just a finger stick), blood pressure and BMI measurements, and a tele-consult with a registered nurse practitioner. Catapult Health Checkups are by appointment only; appointments can be changed or canceled at any time. Participation in this health checkup is not recommended for pregnant women or those who have had a double mastectomy with bilateral lymph node removal. If this pertains to you, please continue care with your personal physician and contact EBD for further information on meeting requirements.

### Appointment Invite 3: Last Chance – 1 Week Prior

**Subject Line:** Last Chance to Earn Your ARBenefits Wellness Premium Discount at work!

Hello (First Name),

This is your last chance to sign up for a 30 to 40-minute preventive health checkup and earn credit toward your ARBenefits Wellness Program Requirements right here at work.

**Appointments are almost full, so act now!**

[www.TimeConfirm.com/ARBenefits](http://www.timeconfirm.com/ARBenefits)

[Name, Title]

**What to expect:** The appointment consists of a quick, lab-accurate bloodwork analysis (don’t worry, it’s just a finger stick), blood pressure and BMI measurements, and a tele-consult with a registered nurse practitioner. Catapult Health Checkups are by appointment only; appointments can be changed or canceled at any time. Participation in this health checkup is not recommended for pregnant women or those who have had a double mastectomy with bilateral lymph node removal. If this pertains to you, please continue care with your personal physician and contact EBD for further information on meeting requirements.