

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

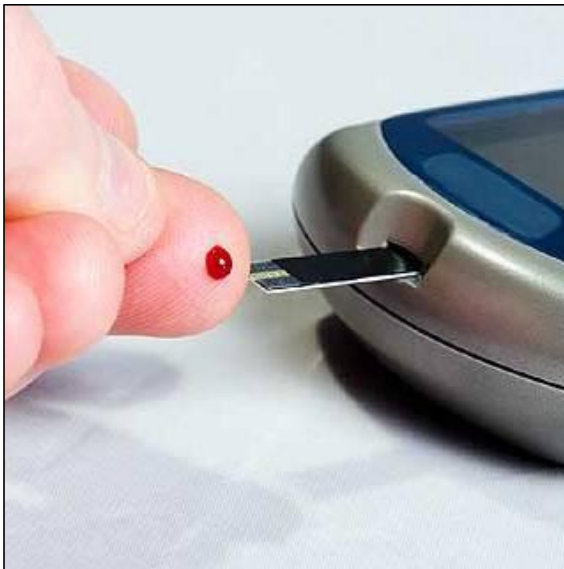


ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Know Your Numbers Participation Rising

Asante's two-step Know Your Numbers process, which can trigger health insurance savings as high as \$650 for the coming year, has picked up steam at all three Asante hospitals. As of Tuesday, 1,168 biometric screenings had been completed, and 413 Asante Health Plan members had followed up with online health assessments through Regence Blue Cross-Blue Shield.



Asante employees and their spouses can [make appointments](#) to get their biometric screenings during special sessions at the three hospitals. The screenings and follow-up online health assessments must be completed by Nov. 12 for employees to be eligible for the savings on their health insurance premiums.

A total of 17 biometric screening sessions are being held at Asante Ashland Community Hospital through Nov. 5; Asante Rogue Regional will offer 33 sessions through Nov. 5; and Asante Three Rivers will hold 34 sessions through Nov. 5.

Employees and spouses can also schedule biometric screenings – mini-checkups, during which baseline health data is gathered – in the Employee Health offices at either Asante Rogue Regional or Asante Three Rivers, or with their primary care physicians.

The screenings take about 15 minutes each.

All employees and spouses who are enrolled in the Asante Health Plan are eligible to take part in Know Your Numbers and earn wellness credits that are applied to health plan premium contributions deducted from paychecks. Depending on which health plan an employee is enrolled in – Asante Health Plan 1, 2 or 3 – the employee and spouse can earn total credits of between \$208 and \$650 for the year.

[Answers to frequently asked questions](#) about the Know Your Numbers initiative are available online. For other questions, contact the Asante Health Promotions team at HealthPromotion@asante.org.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to asantenews@asante.org.
Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.