



Important Reminder – Annual Wellness Fairs

To: All Anthem Plan Participants

From: Human Resource/Benefits Department

October 20, 2009

October 27, 2009, the CHEIBA Trust will be sponsoring its annual wellness fair. While we can't control everything, it is nice to be aware of our general risk factors. Therefore, we encourage you to participate in the health screenings offered through the wellness fair. We have heard of some success stories from the health fairs. Some of the participants were red-flagged for their blood testing and/or biometric screening results. This prompted them to visit their physicians for follow up care and to be proactive in the treatment of their conditions.

As you know, the Cold and Flu Season is upon us. Many of you may have received a flu vaccination and others may be planning to in the near future. These vaccinations are reimbursed in the same manner as in previous years. In addition, there is a new strain of influenza, H1N1 (swine flu), which has received a great deal of media coverage over the last year. Anthem will reimburse the H1N1 vaccination at 100%. H1N1 is spread from person to person like any other virus – through coughing, sneezing or contact with contaminated items. We have placed a H1N1 facts flyer on our web page to assist you in understanding the symptoms and how to protect yourself. Also, be sure to visit anthem.com for more information on how to stay healthy.

Thank you for taking an interest in your health and using the programs made available to you through Anthem and the CHEIBA Well Being program.