

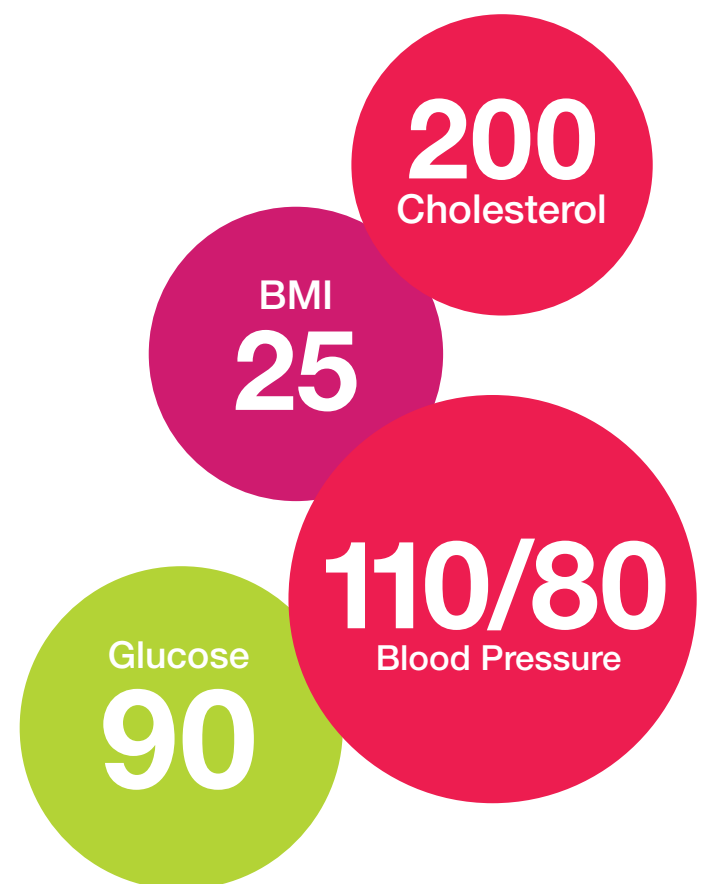
Know Your Numbers

Get your blood pressure, glucose, total cholesterol, HDL cholesterol and body mass index (BMI) numbers by participating in a biometric screening. When you know your numbers, you will have a better picture of your overall health.

American Greetings will host FREE on-site biometric screenings events this fall at most work locations. And there are other ways you can get your numbers if you can't attend an on-site event.

See inside for details. And be sure to check your location and the AGBenefits website at www.americangreetingsbenefits.com for availability, dates and times.

**Four little numbers
can tell you a whole
lot about your
overall health**





Know Your Numbers

Your blood pressure, total cholesterol, glucose and body mass index (BMI) can tell you a whole lot about your overall health. When you know your numbers, you can take steps to improve your health where needed and lower your chances of developing serious issues down the road.

Three ways to get your numbers ...

- 1** Attend an on-site screening at your work location. Most American Greetings locations will host FREE on-site screening events for associates and spouses. Most American Greetings locations also offer FREE flu/tetanus shots and on-site mammogram screenings.
» If you attend an on-site event, you could earn a little something extra! Selected winners at each location will earn a \$100 deposit to your health savings account or a \$25 gift card.
- 2** Schedule an annual preventive care visit with your doctor. The screening is included in your exam, which is covered 100% when you see an in-network provider.
- 3** Request a free at-home screening kit and do it yourself. Call AG Shared Services at 1-800-321-3040 x 4192.

**Check your
location and
the AGBenefits
website for
details on how
to sign up**

live well

110/80
Blood Pressure

BMI
25

Glucose
90

200
Cholesterol

Use your numbers to ...

- » Complete the confidential online health risk assessment (HRA). If you complete it by **November 11, 2011** you can save money (up to \$210) on your 2012 medical plan contributions. You could win \$1,000 cash if at least 75% of the associates in your work location complete the HRA, too. If at least 75% of spouses complete the HRA, you could win \$500. Go to the AGBenefits website for more details.
- » Make a plan to improve your numbers—and your health—by participating in wellness programs designed to help you lose weight, stop smoking and feel better. Visit the Wellness section of the AGBenefits website for details.

Learn more

Go to the AGBenefits website at www.americangreetingsbenefits.com for more details about biometric screenings, including the on-site event schedule, tips on how to prepare for your screening and your other options if you can't attend an on-site event.



AMERICAN GREETINGS