

September 13, 2012

Free Health Screenings – Sign up and save money on your 2013 Healthcare Premiums!



NEW for 2013! Save money on your healthcare premiums. When associates obtain a biometric screening (either at work or from a healthcare provider) they can reduce their healthcare premiums. See the *What's Changing Newsletter* mailing to your home this week – and your Open Enrollment materials mailing in mid-October, for all of the details.

Knowing your numbers by participating in screenings can help you to understand, and possibly detect, early health risks so you can take action before they become serious conditions. American Greetings is again offering associates and their spouses (at most work locations) the opportunity to receive free, confidential health screenings.

If you cannot attend an onsite screening event, you can go to your healthcare provider for a screening - American Greetings covers in-network Preventive Care at 100% - no out-of-pocket cost to you. [Click here](#) for more information on Preventive Care.

Screenings take 15 minutes to complete and advance registration is required. We cannot accommodate walk-ins – so please register today! Screenings include:

- Total cholesterol
- HDL cholesterol
- Weight
- Body mass index (BMI)
- Glucose

All screenings are NON-FASTING (except in Osceola) – so you can eat and take your medications as you normally would on the day of the screening.

World headquarters

Health screenings at WHQ will take place in the Jacob's Atrium on September 21, 24 and 25 from 8:30 a.m. - 4:30 p.m. Associates MUST register in advance by [using this form](#).

Other Locations

For a complete list of screenings at all locations, visit [AGBenefits>Wellness >What's Happening at Your Location](#). Also check out bulletin boards, posters and table tents throughout all locations for dates, times and how to register!

Questions? See your site contact.

Know your numbers to Live Well!

Visit [AGBenefits](#) for more information about wellness at American Greetings. We look forward to hearing from associates across the Company about ideas, comments, suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. Email us at livewell@amgreetings.com.