

WELCOME

Big G Express & Ike Transportation are continuing to expand your benefits package to include the HealthCheck360 wellness program. You will get an email from us soon with instructions on how to join the program, but we wanted to tell you a little bit about what you will gain from participating in HealthCheck360.

HealthCheck360 is a wellness company devoted to improving health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you along your journey to a healthier you. You will receive a personalized, confidential report of your health status after your biometric screening. HealthCheck360 uses the same confidentiality standards as your doctor. From there, you will have access to health coaches who can help you learn more about your results and set personal goals. Keep an eye out for wellness challenges, recipes, webinars, and more to make focusing on your health fun and easy.

We understand everyone starts in a different spot, so we are here to meet you wherever you are. If you would like to get some healthy hacks right away, check out the HealthCheck360 [blog](#).

WELLNESS REWARDS

In addition to gaining powerful and personalized information about your health and well-being, Big G Express & Ike Transportation will offer three incentive opportunities:

1. Participation Incentive = \$22/week*:
 - a. Complete wellness biometric screening
 - b. Complete health risk assessment (HRA) survey
2. Nicotine Incentive = \$15/week*:
 - a. Test nicotine negative OR complete the EX® QUIT SMOKING Program
3. Score Outcome Incentive = \$7/week*:
 - a. Score \geq 71 OR improve by 5+ points

**Incentive amounts may be subject to change based on medical plan costs or changes with the company's annual insurance renewal.*

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 and, if you wish, your primary care physician for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by August 31, 2022

WELLNESS AT BIG G EXPRESS & IKE TRANSPORTATION

Big G Express & Ike Transportation are continuing to team up with HealthCheck360 to provide you with a wellness program. HealthCheck360 is devoted to improving your health and overall wellbeing with tools, motivation, and support to be a healthier you.

Complete the following steps to earn up to \$2,288/year from Big G Express & Ike Transportation.

COMPLETE EACH STEP	WHERE TO GO	DEADLINE TO COMPLETE
Biometric Screening Includes biometric measurements and venipuncture blood draw.	myHealthCheck360 Mobile app or myHealthCheck360.com	Schedule by: 3/23/2022 (registration deadlines vary by location/event) Walk-in Clinics Open: 3/1/2022 – 6/30/2022 Physician Form: 1/1/2022 – 6/30/2022
Health Risk Assessment (HRA) Survey Complete the short and easy health survey.	myHealthCheck360 mobile app or myHealthCheck360.com	6/30/2022
Review of Findings (ROF) Health Coaching Call Complete a health coaching call and review your results with a HealthCheck360 health coach.	myHealthCheck360 mobile app or myHealthCheck360.com	7/30/2022
Condition Management The Condition Management program provides education & support for participants who are managing a chronic condition. Participants who are not compliant with recommended cares by 6/30/2022 will pay a surcharge of \$20/week for health plan premiums on 9/1/2022.	myCare360 app or myCare360.com	Measurement Period: 7/1/2021 – 6/30/2022



CREATE YOUR ACCOUNT

- Download the myHealthCheck360 mobile app or go to myHealthCheck360.com
- First time users click Create an Account
 - Company Code: **BIGGE**
 - Unique ID: **Last 4 SSN**

NEW HIRES

Any new hires starting after 1/1/2022 will have the opportunity right away to participate and earn incentives for the remainder of the year. Participants are only required to complete the wellness biometric screening once per calendar year.

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2022 WELLNESS BIOMETRIC SCREENINGS

Here is how the wellness program will work this year... It is as easy as A, B, or C –

Just complete by June 30, 2022:

- A) Onsite Wellness Biometric Screening + Online Health Risk Assessment Survey
 - a. Register online at www.myhealthcheck360.com or on the mobile app
- B) Offsite LabCorp Clinic Biometric Screening + Online Health Risk Assessment Survey
 - a. Register online at www.myhealthcheck360.com or call 888-708-8807
- C) Offsite Physician Form Biometric Screening + Online Health Risk Assessment Survey
 - a. Make an appointment with your doctor & take the HealthCheck360 form with you

ONSITE SCREENING DATES

LOCATION	SCREENING DATE
Big G Corporate – Shelbyville, TN	Wednesday, April 6, 2022
Ike – Murfreesboro, TN	Saturday, April 9, 2022
Big G 840 – Mount Juliet, TN	Wednesday, April 13, 2022
Big G Corporate – Shelbyville, TN	Saturday, April 16, 2022
Ike – Murfreesboro, TN	Wednesday, April 20, 2022
Big G 840 – Mount Juliet, TN	Saturday, April 23, 2022

OFFSITE SCREENING OPTIONS

OPTION	COMPLETION DEADLINE
LabCorp Clinic	June 30, 2022
Physician Form	

*Drivers may complete the wellness biometric screening at an onsite event or at a primary care doctor's office using the HealthCheck360 Physician Form. The LabCorp clinics require pre-registration online or via phone call prior to arriving. LabCorp clinic hours are generally Mon-Fri, 8 am – 5 pm.





REAL RESULTS FOR REAL PEOPLE.

WELLNESS MADE EASY

Download the myHealthCheck360 mobile app today!



EVERYTHING AT YOUR FINGERTIPS

HealthCheck360 provides you access to your wellness program anytime, anywhere with the myHealthCheck360 mobile app. You have everything at your fingertips! Get started with the myHealthCheck360 mobile app by following the steps below.

CREATE YOUR ACCOUNT

- Download the myHealthCheck360 app.
- Click **Create an account** and enter your information.
 - Your company code is **BIGGE**
 - Your unique identifier is your **last 4 SSN**
- Agree to the terms and conditions and click **SIGN UP**.

LOOKING FOR MORE HOW TO'S ON THE APP?

Visit our [Knowledge Base](#).



PRO TIP

CONNECT YOUR DEVICE

Get the most from your myHealthCheck360 experience by connecting a device like FitBit or Garmin, or a tracking app like Apple Health or MyFitnessPal.

TO CONNECT A DEVICE

- Select the **menu icon** (≡) at the top of your screen.
- Select **Connect Apps & Devices**.
- Find your fitness app or device and select **Connect**.
- Select **OK** and login to your fitness app's account.



REAL RESULTS FOR REAL PEOPLE.

VALUABLE HEALTH INSIGHTS

Receive objective, measurable results year-after-year. Complete program components to earn incentives from Big G Express & Ike Transportation.

RESERVE YOUR SCREENING APPOINTMENT BY: 3/23/2022

(Deadline varies by location & screening date)



SCHEDULE YOUR ONSITE OR LABCORP SCREENING

- Log into your myHealthCheck360 app.
- Select **Schedule Biometric Screening** from the **Dashboard**.
- You will have the option to select from an onsite visit or a LabCorp facility.
 - If selecting an **Offsite Lab**, enter your address to find a LabCorp nearest to you. To choose one, click **Select**.
- Accept the **Health Screening Consent** form by checking the "I agree" box. In the **Signature** section below the consent, enter your first & last name and date, then click **Proceed to Confirmation**.
- You will receive an email confirmation for your screening. The paperwork needed for your screening will be emailed to you.

COMPLETE A SCREENING WITH YOUR PHYSICIAN

- Log into www.myHealthCheck360.com.
- Select **Download/Submit Physician Form** from your dashboard.
 - Download and print a copy of the Physician Screening Form. Bring this with you to your appointment. Have your physician complete the form.
- Once your visit is complete, select **Download/Submit Physician Form** from your dashboard.
 - Fill in all required fields and upload a copy of your completed form.

BENEFITS OF PARTICIPATING



Independence

You have the option to get more or less involved depending on your interests. The wellness program is customizable to your needs.



Convenience

Flexible program to make all components quick and easy for you.



And more

One-on-one support from trained health professionals, company challenges to compete with your co-workers, and monthly webinars, just to name a few.



Complete Access

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go at any time.



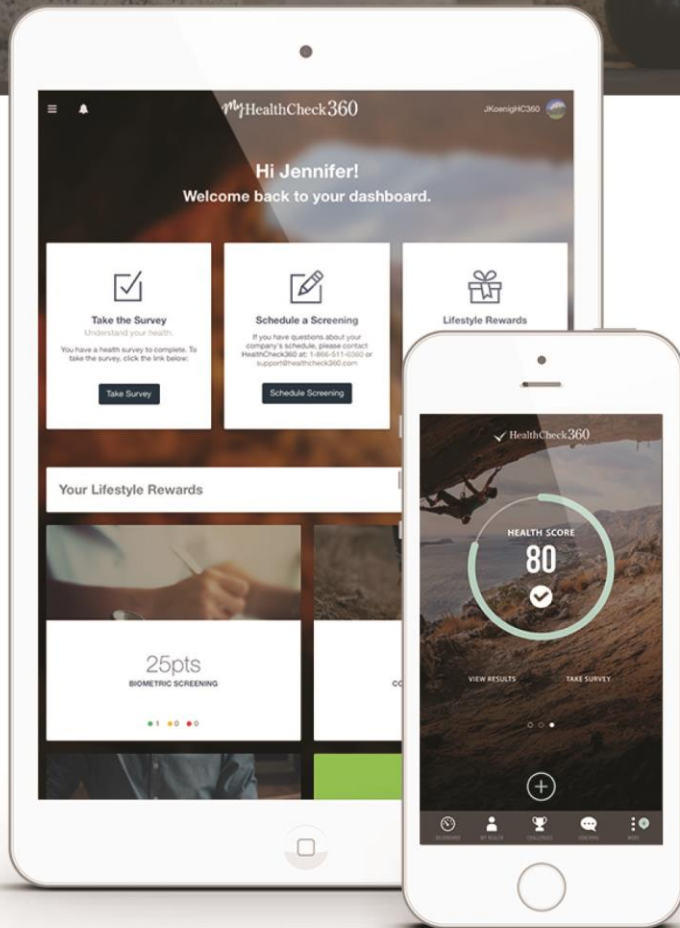
Confidentiality

Everything is confidential; your personal results will not be shared with anyone at your company.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by August 31, 2022.



REAL RESULTS FOR REAL PEOPLE.



COMPLETE YOUR SURVEY

Please take a couple of minutes to complete your health survey. This is a required component in order to earn incentives from Big G Express & Ike Transportation. Your answers are not shared with anyone at Big G Express & Ike Transportation, and they have no effect on your overall health score.

COMPLETE YOUR SURVEY BY 6/30/2022

- Log into your myHealthCheck360 app.
- First time users should create an account:
 - Your company code is **BIGGE**
 - Your unique identifier is your **last 4 SSN**
- Select **Take Survey** from the **Dashboard**.

FAQ

What if I don't have a smart phone? Log in by visiting myHealthCheck360.com.

What if I forgot my password or username? Click on forgot username or password and enter your personal information, company code (BIGGE) and Unique Identifier (Last 4 SSN) and select Submit.

How long will it take to complete the survey? The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at Big G Express & Ike Transportation.

What is the program deadline? All steps must be complete by 6/30/2022.

If you are unable to meet a health outcome for an incentive under the HealthCheck360 Program, you can work with HealthCheck360 for an opportunity to earn the same incentive through a reasonable alternative process. To speak with a representative about what options are available to you, contact HealthCheck360 at 1-866-511-0360 by August 31, 2022.

VIEW YOUR MYHEALTHCHECK360 HEALTH REPORT

By participating in the HealthCheck360 program, you have taken a big step in the right direction towards improving your overall health. Now that you have completed your biometric screening and your health report is in, it's time to take a look! Follow the steps below to get started:

VIEW YOUR HEALTH REPORT ON THE MYHEALTHCHECK360 MOBILE APP:

- Log into your myHealthCheck360 app.
- Select **My Health** at the bottom of the screen.
- Your individual health score will show.
 - For more information on each biometric, tap on the biometric you'd like to learn more about.

QUESTIONS ON YOUR HEALTH REPORT?

Health Coaching is a free resource for you! Give our team a call at 866-511-0360 x5099 to get a coaching call scheduled today. Our coaches can help you:

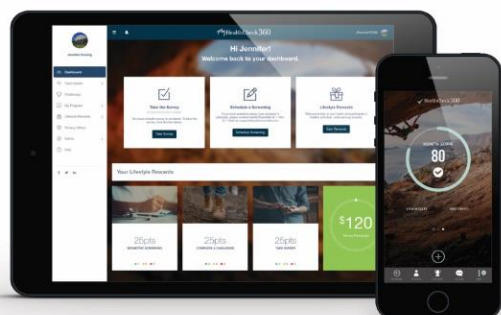
- Understand biometric results.
- Become aware of lifestyle habits.
- Set attainable health goals.
- Gain confidence in ability to improve personal health.

WANT TO SHARE YOUR RESULTS?

Sharing your results with your physician is easy! Either bring your myHealthCheck360 mobile app with you to your appointment, or fax a summary of your results directly to your Physician from the myHealthCheck360 website. To fax your results:

- Log into your myHealthCheck360 account.
- Select **My Health** from the bottom of the screen.
- Select **Fax Report to Physician** found under your health score.
 - Fill in your contact information and your physician's fax information.
 - Select **Submit**.
- You will receive a notification when the fax has been successfully sent to your physician.

RESERVE YOUR COACHING
APPOINTMENT BY:
7/1/2022



LONG-TERM RESULTS, SIMPLE STEPS

Talk with a trained professional to understand your screening results and focus on improving your overall wellbeing.

SCHEDULE YOUR COACHING CALL

- Log into your myHealthCheck360 app.
 - Select the **menu icon** (≡) at the top of your screen.
 - Click **Talk to a Health Coach** and select **Next**.
 - Select a date shaded in green and choose a time.
 - Provide the best phone number to reach you and select **Confirm**.
- You will receive a confirmation email with details about your call.

HOW DOES HEALTH COACHING WORK

- Complete your health survey 48 hours before your call, review your results & come prepared with questions: Your health coach is a great resource for any questions you have.
- Complete Scheduled Call: You will have the chance to review your results with a HealthCheck360 Coach over the phone.
- Set Goals: On the call, you will work with your coach to set reachable goals.
- Follow-up Support: Health coaching is a **FREE** service for you. You have the option of unlimited inbound coaching.

FAQ

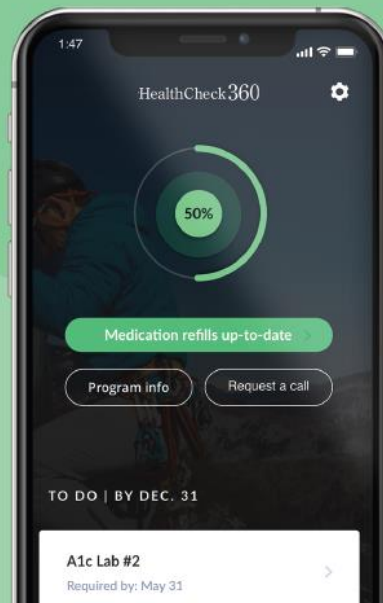
What if I need to reschedule or cancel my appointment? Select the **menu icon** (≡) at the top of your screen, click **Talk to a Health Coach** and select cancel appointment. To reschedule, follow the steps above.

What if I forgot my password and can't login? Follow the password reset prompts. Your company code is **BIGGE**.

What if I need to update my phone number for my coaching call? Select the **menu icon** (≡) at the top of your screen. Select **My Account** then **Contact**. Update your information and select **Update**.

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CARE MADE SIMPLE



✓ HealthCheck360



DOWNLOAD NOW >>

CARE MADE SIMPLE

The condition management program, myCare360, provides education and support for employees and spouses who are managing a health condition. The program is a benefit included with your health plan and is provided at no additional cost to you. You'll receive exclusive access to a team of clinical experts and support via the easy-to-use mycare360 mobile app.

MyCare360 is another opportunity for participants to earn the best rate for the Big G Express Wellness Program! Participants who complete the screening, survey, score, & negative nicotine use will pay less for their health plan premiums. Participants identified for the myCare360 program must also complete all of the action items on their myCare360 account to avoid an additional surcharge. Participants not compliant with myCare360 will pay more for premiums beginning 9/1/22. Deadline is 6/30/22.

CONDITIONS COVERED INCLUDE:

- Diabetes
- High Blood Pressure

CONDITION MANAGEMENT HELPS YOU:

- Stay healthy and manage your condition
- Control your out-of-pocket medical costs
- Learn how recommended care guidelines impact your health
- Have informed conversations with your

GET STARTED

Enrollment in the program is automatic. If you or your spouse are currently managing a chronic condition, you will receive a welcome letter from HealthCheck360 and a call from one of our care managers.

STAYING ON TRACK

Participants have access to daily reminders and quarterly calls from our care management team to keep them on track with recommendations throughout the year.

- Participants who are past due on recommendations will receive a call from our care management team.
- Participants can track their daily progress anytime on the myCare360 mobile app.

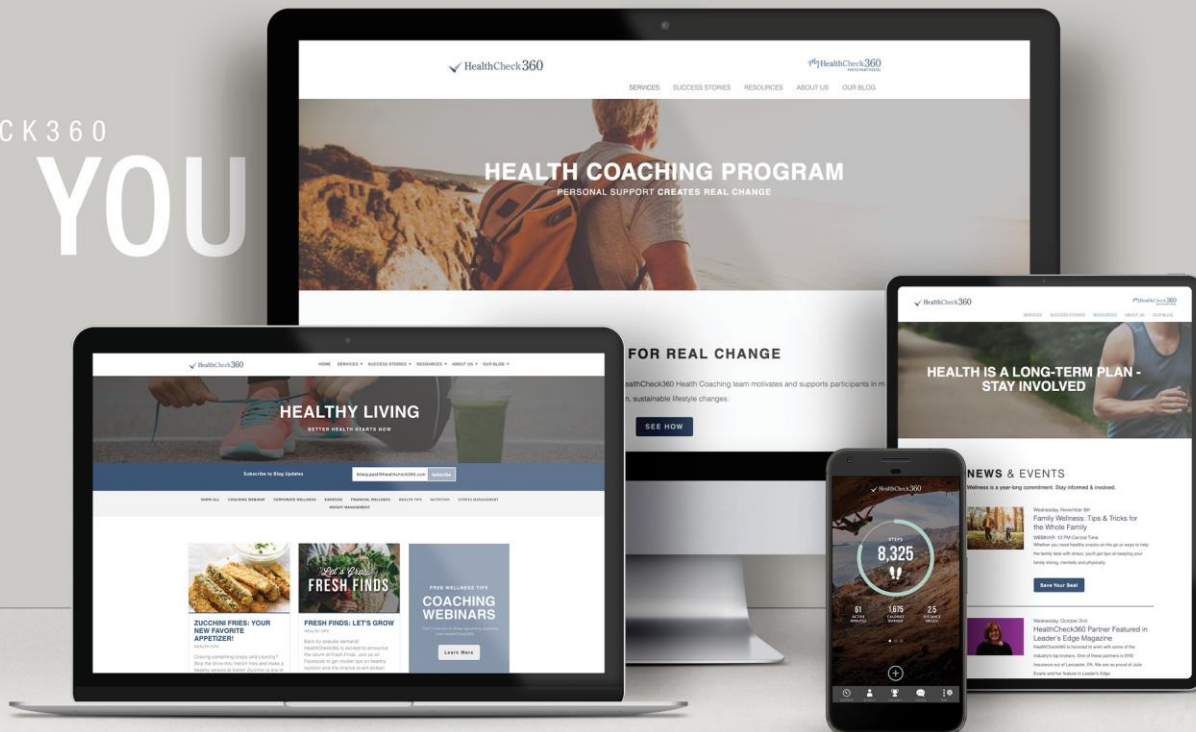
FAQ

I have one of the health conditions listed above, how do I get started? Contact one of our care managers by calling 866.511.0360 ext. 5635 or email us at myCare360@healthcheck360.com

Is my information confidential? Yes, all information discussed with a HealthCheck360 care manager is strictly confidential.

Who is HealthCheck360? HealthCheck360 is a partner of your company's health plan, here to support participants with maintaining a healthy lifestyle as well as supporting participants with chronic conditions in navigating the complex healthcare system.

HEALTHCHECK360 FOR YOU



HEALTHCHECK360 FOR YOU

HealthCheck360 is your well-being partner, devoted to improving your health and overall well-being. HealthCheck360 provides you with the tools, motivation, and support to assist you in your journey to a healthier you.

Check out these great resources available to you!



MOBILE APP

The HealthCheck360 mobile app allows you to access all parts of your program and your health results on-the-go.

Invite friends to participate in wellness challenges; track your health, schedule your screening, and much more.



UNLIMITED HEALTH COACHING

Contact us at 1.866.511.0360 ext. 5099 to speak to a health coach anytime, completely free.



LUNCH & LEARN WEBINARS

Join us the first Wednesday of every month for tips, tricks, and hacks, directly from our health coaches. Register for upcoming webinars on our [blog](#).



MONTHLY CALENDARS & NEWSLETTERS

Each month you get access to a calendar with daily tips and a newsletter with information delivered right to your email inbox.



BLOG ARTICLES

Subscribe to the HealthCheck360 [blog](#) to get recipes, exercises, health tips and more!



SOCIAL MEDIA

Follow us on Facebook, Twitter, and Instagram for quick tips year-round and the chance to win prizes!

DOWNLOAD OUR MOBILE APP



The myHealthCheck360 mobile app connects you anytime, anywhere.

« [DOWNLOAD TODAY](#)

CONTACT US

Have questions? We're here to support and guide you every step of the way.
Contact us today for more information.

HEALTHCHECK360 SUPPORT

P: 866.511.0360

E: support@healthcheck360.com

FREE HEALTH COACHING

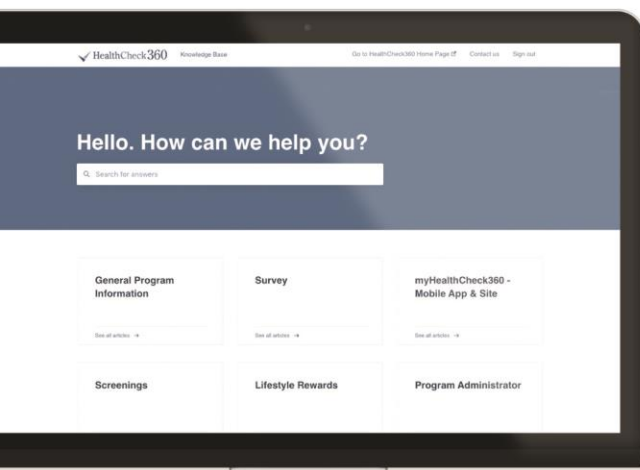
P: 866.511.0360 ext. 5099

E: healthcoach@healthcheck360.com

HEALTHCHECK360 CONDITION MANAGEMENT

P: 866.511.0360 ext. 5635

E: conditionmanagement@healthcheck360.com



WANT MORE?

Check out the HealthCheck360 Knowledge Base for everything you need to know about the myHealthCheck360 mobile app and online portal.

CHECK IT OUT NOW
WWW.HEALTHCHECK360.COM/KNOWLEDGE