

TCSIG 2019

HEALTH EVALUATIONS

FEBRUARY ~ APRIL

The 2019 Health Evaluations are offered at **no cost** and your information is **100% confidential**.

Screenings include tests for cardiovascular disease, diabetes, liver and kidney disease and more.

WHO CAN PARTICIPATE - TCSIG MEDICALLY COVERED EMPLOYEES, RETIREES, SPOUSES & DEPENDENT CHILDREN AGE 18+

Please Note: Waivers and dependent children are welcome and encouraged to participate but are not eligible for incentives.

Incentives – Incentives – Incentives!

- **FASTER REWARDS!** No more waiting for a check at the end of screenings! Onsite participants will receive a **gift card within one week!** Quest participants will receive an e-gift card via email about a month after screening.
- **REPEAT SCREENERS!** Participants who screen back to back years (2018 & 2019) will receive a **\$50 gift card!**
- **“NEW” SCREENER BONUS!** If you have never screened before, missed a year, or missed a few, we want you back! All participants who **did not screen in 2018** you will receive a **\$75 gift card!**
- **COMPLETE A CALL WITH THE WELLNESS CENTER TO EARN MORE!** FAX your results to the TCSIG Wellness Center at **530-822-5503** AND complete a call to receive an **additional \$25 gift card!** No appointment needed, Wellness Center staff will call you! Gift cards will be distributed once your call has been completed.

Schedule Your Appointment Today!

- Visit <https://tcsig.plushcare.com/>
- If you **already have a PlushCare account**, select “Login” to access your account
Important: If you have an account but don’t remember the email or password, **DO NOT CREATE A NEW ACCOUNT.** (This will cause your results to be delayed and/or marked as incomplete and you will not receive your gift card.)
 - To retrieve the **email address** used to login, call TeamCare at **866-724-0032**
 - To reset your **password**, select the “Forgot Password” link or call PlushCare at **866-692-1986**
- If you are **NEW to PlushCare**, select “Register” to create your account
 - **Please enter your name AS IT APPEARS ON YOUR HEALTHCARE ID CARD** (No nicknames)
 - All participants require a unique email to meet HIPAA regulations
- **Schedule Your Appointment** – Enter the street address or city of your preferred location to choose from the list of available onsite locations to select your date and time. You will receive an email confirmation when you are done.

If you are unable to attend an onsite event, please visit a **Quest Lab** near you anytime between February - April. Simply follow the same process as above and select “Quest Lab” from the location menu. There is no appointment to schedule and **your lab slip will be emailed to you.**



For accurate results be sure to **FAST 12 hours** prior to your screening, **drink plenty of water** and continue to **follow your doctor’s instructions** for any medical conditions or prescribed medication.