

LIFE Rewards Lab Draw Information –

FREE to Employees and Spouses
June 1, 2009 – March 1, 2010

Please read directions carefully before having labs done.

- Labs for LIFE Rewards **must** be drawn at a Holland Hospital lab location and must be specific for the **Wellness lab draw**.
- The blood draw includes total cholesterol, HDL, LDL, triglycerides and glucose.
 - Requires at least a 12-hour fast prior to draw for most accurate results.
 - You may drink sips of water only.
- Go to any Holland Hospital lab location anytime between June 1, 2009 and March 1, 2010.
- **DO NOT CALL THE LAB FOR RESULTS**; you can access your results on your WebMD personal health manager tool. Allow two weeks for processing.
- Print or fax your own results for your physician from the WebMD site. Copies will not be sent to you or your physician.
- If you are a spouse of a Holland Hospital employee and you are **NOT** currently enrolled in a health plan at Holland Hospital, you are required to fill out a LIFE Rewards “Spouse Enrollment Form (SEF)” in order to become program eligible:
 - Download the form on *The Pulse* or pick one up from Human Resources.
 - Drop the form off to Human Resources. Allow two weeks for processing before you may register for the program and have lab work completed.
- In compliance with HIPAA Federal Regulations, do not look up your lab results in the Holland Hospital computer system.

