

WELLNESS PLAN INFORMATION

ADMINISTERED BY BRAVO WELLNESS

- Foster Farms has partnered with Bravo Wellness to coordinate screenings and administer your wellness program.
- Your covered spouse is also invited to participate.
- Foster Farms is committed to helping you achieve your best health! Your participation in the program will have a financial impact if you are covered in the health plan. If you are unable to meet a goal under this wellness program, you might qualify to earn the same incentive discount by different means. Although voluntary, if you choose not to participate, you might miss out on earning the incentive discount. We will work with you (and, if you wish, with your doctor) to find an alternative with the same reward that is right for you in light of your health status.
- Your specific results will not be shared with your employer and will remain confidential.

Earn Rewards by Achieving Healthy & Reasonable Goals

HEALTH SCREENING TESTS	2014 GOALS	2015 GOALS	ALTERNATIVE GOAL [^]
HDL Cholesterol	Men: ≥ 40 mg/dL	Men: ≥ 45 mg/dL	More information about alternative goals is available by contacting Bravo Wellness at 877.662.7286
	Women: ≥ 50 mg/dL	Women: ≥ 55 mg/dL	
LDL Cholesterol	≤ 129 mg/dL	≤ 119 mg/dL	
Triglycerides	≤ 159 mg/dL	≤ 150 mg/dL	
Blood Pressure	$\leq 140/90$	$\leq 130/85$	
Glucose	≤ 104 mg/dL	≤ 100 mg/dL	
A1c	OR ≤ 6.1	OR ≤ 6.0	

Participation in this program is voluntary. However, if you choose not to participate, you may miss out on the chance to save up to 20% on your health insurance premiums.

[^]You will be provided with the information you need to request an alternative goal at the time of your screening.

Improvement Categories

Included in your employer's plan design this year are improvement categories. If you failed to meet your employer's goal, but make improvement in that area from one category level to the next by April 1, 2015, you can still earn the incentive.

QUESTIONS?

CONTACT
BRAVO WELLNESS AT
877.662.7286

Earn Savings by Improving Your Result by One Level*

HDL CHOLESTEROL 2014 Goal: Men: ≥ 40 Women: ≥ 50			LDL CHOLESTEROL 2014 Goal: ≤ 129	TRIGLYCERIDES 2014 Goal: ≤ 159	BLOOD PRESSURE 2014 Goal: $\leq 140/90$	GLUCOSE 2014 Goal: ≤ 104
LEVEL	RANGES MEN	RANGES WOMEN	RANGES	RANGES	RANGES	RANGES
1	≥ 50	≥ 60	< 100	< 150	$\leq 120/80$	< 100
2	45 - 49	55 - 59	100 - 119	150 - 159	$\leq 130/85$	100 - 104
3	40 - 44	50 - 54	120 - 129	160 - 179	$\leq 140/90$	105 - 115
4	35 - 39	40 - 49	130 - 139	180 - 199	$\leq 150/100$	116 - 125
5	< 35	35 - 39	140 - 159	200 - 399	$\leq 160/110$	≥ 126
6		< 35	160 - 189	400 - 499	$> 160/110$	
7			≥ 190	≥ 500		

*Participants must be actively employed and still enrolled in the plan in order to receive the incentive.