

CLICK ABOVE TO NAVIGATE CONTENTS



2023 Health Screenings

Ready, set, save!

Your guide to 2023 health screenings—helping you save up to \$2,000 and learn about your health.

Screening overview



Get ready to save

From **August 1 – December 31**, you can get your free, annual health screening to earn up to a **\$2,000 discount** on your 2024 medical plan rates. These screenings are available to all employees and spouses.

To receive the fully discounted medical plan rates in 2024, you and your enrolled spouse EACH need to get a health screening and meet the **good health threshold**. If only one of you completes this process or meets the good health threshold, then you will receive up to a \$1,000 discount on your medical plan rates.



Preventive health screenings are good for you *and* your wallet. By getting your annual health screening, you can help manage your long-term health care expenses by catching potential illnesses or chronic conditions early when they are easier and less expensive to treat. Get yours today!



\$100 wellness benefit from The Hartford

Did you know that you and your family members who are enrolled in The Hartford's Critical Illness and/or Accident Insurance plans also qualify for a wellness benefit from The Hartford? Each plan pays \$100 to each family member who gets a preventive screening exam during the year—and the annual health screenings qualify for employees and spouses! Call The Hartford at **866-547-4205** to learn more and to request reimbursement once you've completed your exam/screening. Learn more [here](#).

WHAT'S INSIDE

Review this interactive guide for all the information you need to stay on top of your health and get rewarded for it.

- 3** The Healthy Reyes Portal (how to register as an employee or get started as a spouse)
- 4** Scheduling your health screening (start here if you've already registered!)
- 5** Getting your health screening
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This guide is interactive

Explore this interactive guide using the **navigation bar** at the top of each page. Clicking on the **links** will send you directly to content within this guide or to external sites.


The Healthy Reyes Portal

Hosted through our wellness partner, Virgin Pulse, the Healthy Reyes Portal makes it easy for you to navigate your health journey through fun challenges, self-guided courses and content based on your interests. This is also where you will go to schedule a health screening and view your results.




Getting started

There are 3 ways to access the Healthy Reyes Portal. Choose what works best for you!


 **From your phone**
(Employees & Spouses)

Download:
Virgin Pulse Mobile App

To register, search for sponsor “Healthy Reyes” when prompted

 **From your computer**
(Employees & Spouses)

Visit:
join.virginpulse.com/healthyreyes


 **From ReyesConnect**
(Employees only)

Go to:
ReyesConnect > Employee Center > Healthy Reyes Portal (under Direct Access)

If you got a health screening last year, you are already registered and your next step is to [schedule your health screening](#). Go to the Healthy Reyes Portal and follow the prompts. Registration is required for first time users only.

First time logging in? New users need to register

The first time you access the Healthy Reyes Portal you will be prompted to register. Follow the onscreen prompts to complete your registration and access your account. You’ll need your preferred email address and VIC Employee Number.

 **SPOUSES**

If you’re a spouse registering for the first time on the Healthy Reyes Portal, go to the [Virgin Pulse App](#) or join.virginpulse.com/healthyreyes

You’ll need:

- Your first and last name
- The employee’s VIC Employee Number with an “S” at the end (for example, Employee ID = 12345; Spouse ID = 12345S)
- Your date of birth
- Your own email address

Don’t know your VIC Employee Number?

Find your VIC Employee Number on your pay statement, contact your local HR representative, or call the HR Service Center at **800-298-9461, option 1.**

Want a visual step-by-step guide?

Check out the detailed [“how-to” guide](#) with pictures of exactly how to get started with Virgin Pulse.

Scheduling your health screening



You can schedule your health screening on the [Virgin Pulse app](#):

- From the home screen, select “Daily Cards”
- Scroll to find the “Complete Your Screening” card
- Select “Schedule” and follow the onscreen prompts
- Select your preferred screening option

You have four options for your screening:

Onsite Screening	LabCorp Patient Service Center	Primary Care Physician	CVS MinuteClinic
<ul style="list-style-type: none"> • Schedule your screening onsite at any Reyes Family of Businesses location that is offering them. • <i>No form</i> is needed. • Once you have scheduled your screening using the interactive tool in the portal, view your appointment in the Healthy Reyes Portal. 	<ul style="list-style-type: none"> • Using the interactive tool in the portal, choose a LabCorp location convenient to you. • <i>No form</i> is needed. 	<ul style="list-style-type: none"> • Schedule your in-person appointment. • Provide a printed Physician Form. • Important: If you saw your physician between January 1, 2023 and July 31, 2023, and your visit included the five health measures, your visit can qualify as your 2023 health screening. Ask your doctor to complete the Physician Form and be sure to submit it so that it is received by December 31, 2023. 	<ul style="list-style-type: none"> • Using the interactive tool in the portal, choose a CVS location convenient to you. • Provide a printed CVS voucher. • Important: Results from CVS often take 3-4 weeks to process and may delay discounted rates.

Want a visual step-by-step guide?

Check out the [step-by-step guide](#) (including pictures!) for the specifics on how to schedule your screening.

Getting your health screening

Your health screening will include:

- A blood pressure reading
- Fast finger stick or blood draw
- Measurement of your height and weight

Prepare for your health screening

To perform the tests included in the health screening, you must:

- Fast for eight hours before your health screening
 - If you are diabetic, pregnant, on medication, or have a medical condition that prevents you from fasting for eight hours, consult your physician
- Drink plenty of water, but do not consume any other beverages



Key actions and dates to remember

Keep these important dates in mind to ensure you earn your medical plan rate discount.



December 15, 2023

Deadline to complete your health screening* (and [Reasonable Alternative Standard\(s\) \(RAS\)](#), if applicable) to see discounted rates on your first paycheck of 2024.



December 31, 2023

Deadline to complete your health screening*.



February 29, 2024

Deadline to complete [Reasonable Alternative Standard\(s\) \(RAS\)](#) for discounted medical plan rates for the rest of 2024 if your screening results do not meet the good health threshold.

If you are a new employee who was hired on or after January 1, 2023, you can complete a health screening any time this year. This screening is 'One and Done' and applies for 2023 and 2024. You do not need to screen twice.

If you are a current employee and you had a physician appointment on or after January 1, 2023 that included the five health measures, you can use those results for this year's health screening.

* Including submitting a physician form, if applicable.

Results and what they mean

You'll receive an email that your results are available in the Healthy Reyes Portal usually within 10 business days of your completed health screening. Log into your Healthy Reyes Portal account to ensure your health screening results were recorded and to check your rewards progress. To view your progress, go to the home screen and select "Rewards".



Meet the good health threshold

If you meet four of the following five health measures, you'll meet the good health threshold and qualify for the discount with no additional action needed:

1. Blood pressure below 140/90
2. LDL cholesterol below 130
3. Body Mass Index (BMI) of less than 30
4. Fasting blood glucose below 100
5. Triglycerides below 150

Do NOT meet the good health threshold

If you do not meet the good health threshold, you can complete the [Reasonable Alternative Standard\(s\) \(RAS\)](#) to qualify for discounted medical plan rates.

RAS can be completed in just a few minutes on the Healthy Reyes Portal. Activities may include reading articles, watching videos, and/or taking quizzes.

Your results are confidential—always

By law, your personal health screening results are confidential. Reyes Holdings will be notified that you qualify for the discounted rates. Reyes Holdings will not know how you qualified (whether by meeting the good health threshold or by completing a Reasonable Alternative Standard(s)). Virgin Pulse follows all patient privacy laws and is prohibited by law from sharing your individual results with Reyes Holdings. For the purpose of helping to plan future benefit offerings and programs, Reyes Holdings will receive a summary report that excludes individual health information. Additionally, Virgin Pulse may collaborate with other Reyes Holdings vendors to help promote the good health of our employees.

Want a visual step-by-step guide?

Check out the [step-by-step guide](#) for what to look for in the Healthy Reyes Portal related to your results.

Where to go with questions

Have health screening questions? Contact Virgin Pulse.

- By email: support@virginpulse.com
- By phone: **888-567-2048**
- By chat on the **Healthy Reyes Portal**

Can't find what you're looking for? Contact the Reyes Holdings HR Service Center.

- By email: benefits@reyesholdings.com
- By phone: **800-298-9461, option 1**



Check out our FAQs

For more information on getting your health screening, review our [Frequently Asked Questions](#) (FAQs).



Step-by-step guide

Register on the Healthy Reyes Portal (first time users only)

Choose the method that works for you...

Virgin Pulse app

Scan to download

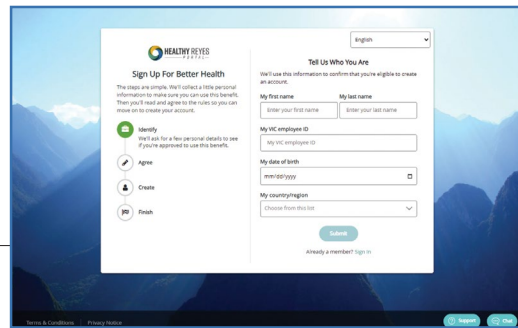


OR

Go Online

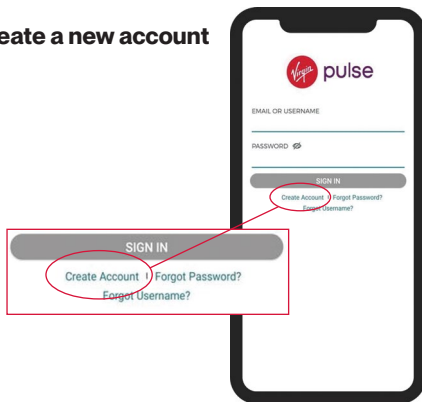
Join.virginpulse.com/healthyreyes

Note: Employees can join by going to the Healthy Reyes Portal on Employee Center

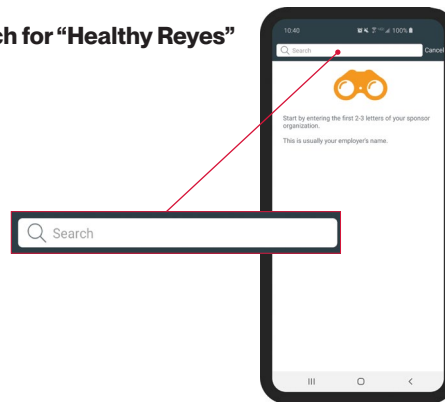


Then...

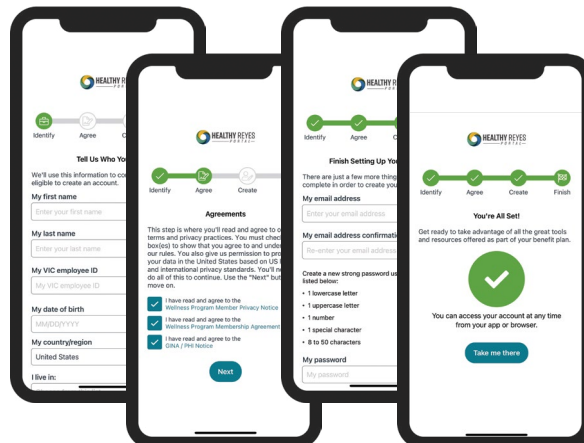
▶ Create a new account



▶ Search for "Healthy Reyes"



▶ Follow the onscreen prompts to complete your registration and access your account.

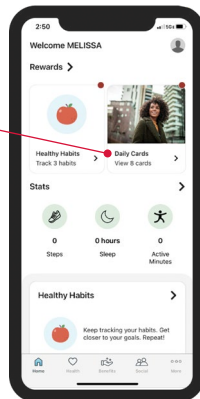


Step-by-step guide (continued)

Schedule your screening

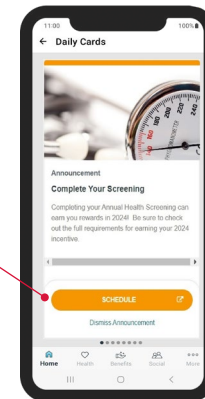
▶ From the Home screen select “Daily Cards” (if using the mobile app)

Daily Cards
View 8 cards ▶



▶ Scroll to find the “Complete Your Screening” card, then select *Schedule* and follow the onscreen prompts

SCHEDULE



▶ Select your preferred screening method

A screenshot of the Labcorp website. At the top left is the Labcorp logo. At the top right are links for 'Home', 'Support', 'My Profile', and 'Logout'. Below that is a welcome message 'Welcome, UserTwo!'. A pink banner contains a message about COVID-19 information. Below the banner are four blue boxes representing screening options:

- ONSITE SCREENING**: It's fast and convenient. Schedule your appointment today! **CONTINUE** button. VALID THROUGH 12/31/2022.
- LABCORP PATIENT SERVICE CENTER**: Schedule an appointment to visit a local Labcorp Patient Service Center at your convenience. **SCHEDULE APPOINTMENT** button. VALID THROUGH 6/30/2023.
- CVS MINUTE CLINIC VOUCHER**: Obtain a voucher and visit a participating Minute Clinic near you. **DOWNLOAD FORM** button. VALID THROUGH 6/30/2023.
- PHYSICIAN FORM**: Already visiting your physician? Be sure to take this form with you. **DOWNLOAD FORM** and **SUBMIT FORM** buttons. VALID THROUGH 6/30/2023.



For screenings done at a CVS MinuteClinic or at your physician's office, don't forget to download and bring the corresponding form/voucher.

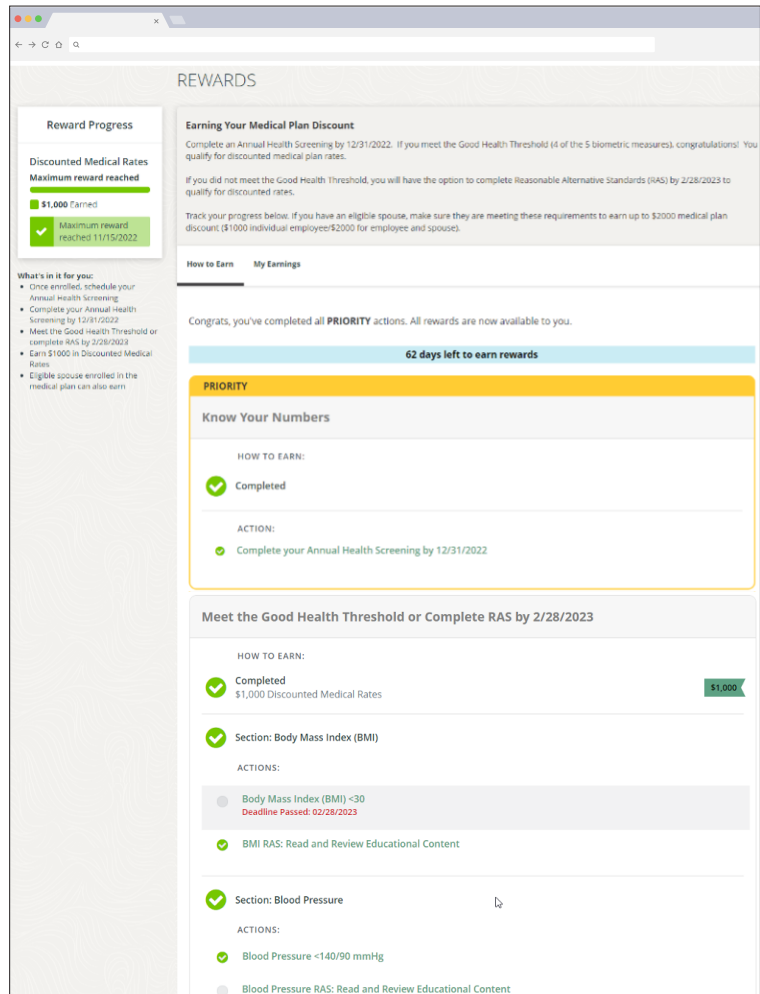
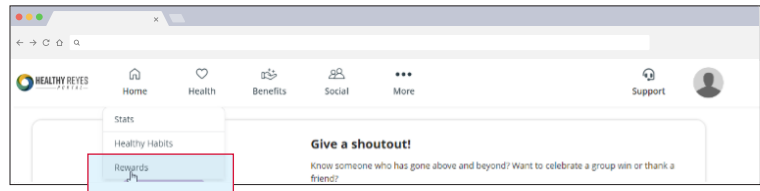
Step-by-step guide (continued)

Review your results on the Healthy Reyes Portal

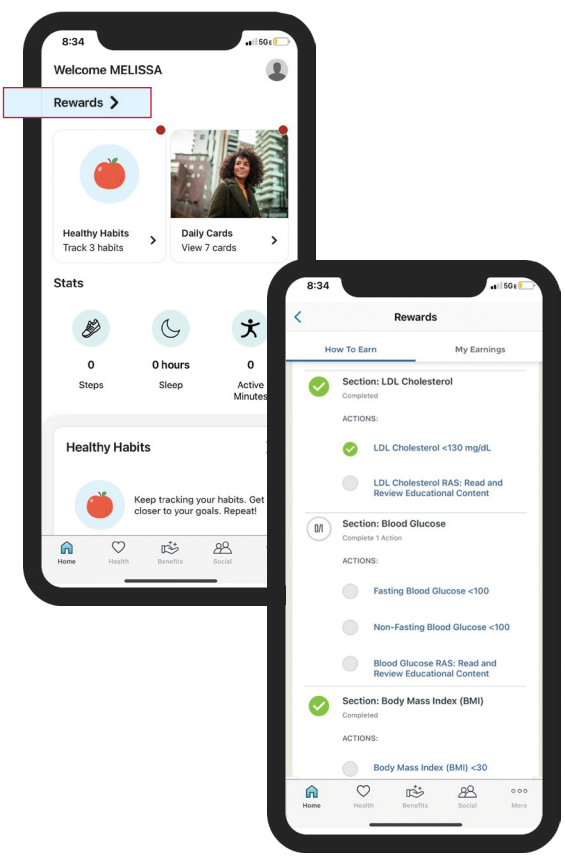
From the Rewards screen, you can view your earnings and see which measures you have met. Review this page closely and click on the areas that you did not meet the good health threshold to complete the RAS information.

Tip! A green circle means you've met the healthy measure. A grey circle means you have NOT met the healthy measure — but, you can do so by completing the RAS.

What it looks like on a desktop:



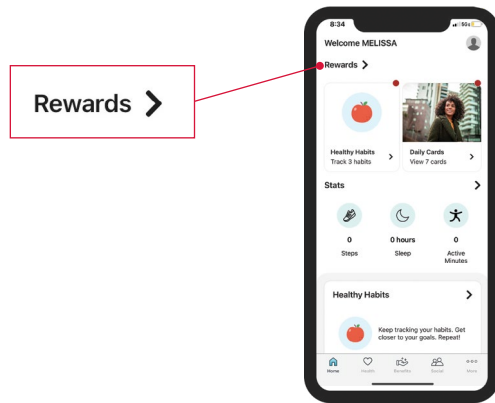
What it looks like on the app:



Step-by-step guide (continued)

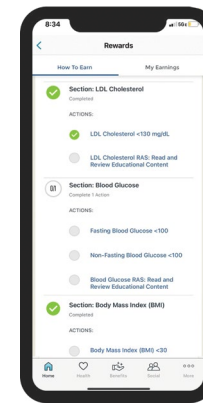
Complete your RAS (if you didn't meet the good health threshold)

▶ From the Home screen select **Rewards**

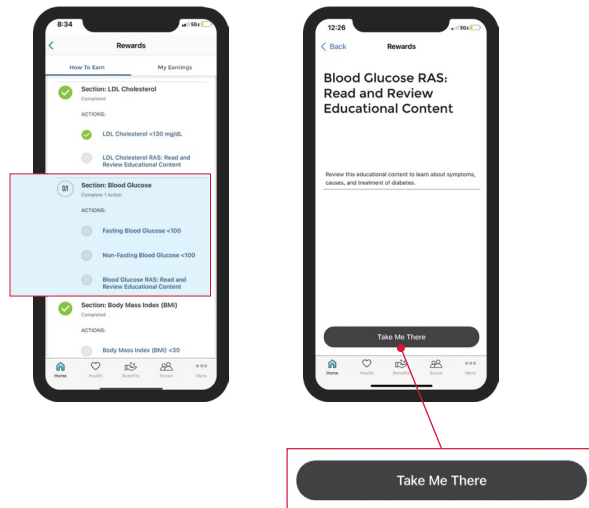


▶ Look for the grey circles to determine which RAS to complete.

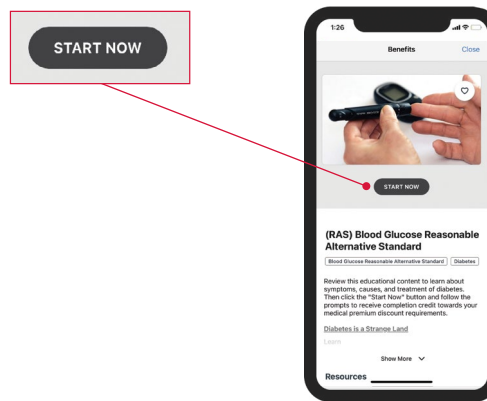
- ✔ Green circle means you've met the healthy measure
- Grey circle means you have **NOT** met the healthy measure—but, you can do so by completing the RAS



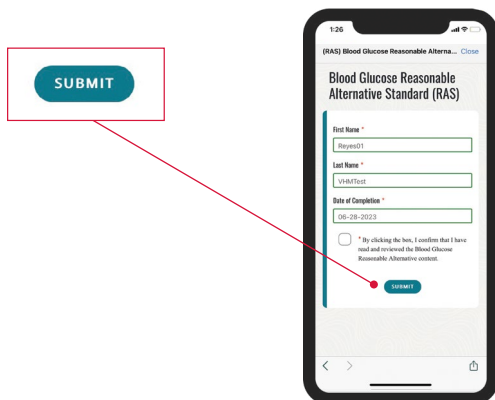
▶ Select the RAS listed for a health measure you didn't meet. When prompted, click the "Take Me There" button.



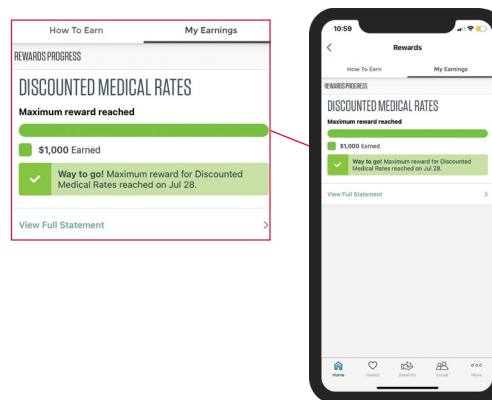
▶ Review the educational content. Then, click the "Start Now" button to complete the RAS.



▶ Acknowledge your completion and click "Submit". You're done!



▶ Repeat these steps for as many measures as needed until you have completed 4 of the 5 sections.



Frequently Asked Questions

1. Which family members are eligible to participate?

Health screenings are available to all employees and spouses.

Spouses: When you register on the Healthy Reyes Portal you'll need a unique/individual email address, your date of birth and the employee's VIC Employee Number followed by an s (for example, employee ID = 105684, spouse ID = 105684s).

2. What qualifies as meeting the good health threshold?

If your health screening results meet four of the following five health measures, you qualify for the discount and no additional action is needed.

1. Blood pressure below 140/90
2. LDL cholesterol below 130
3. Body Mass Index (BMI) of less than 30
4. Fasting blood glucose below 100
5. Triglycerides below 150

3. I (and/or my spouse) completed a health screening but did not meet the good health threshold through the screening. Is there another way to qualify for discounted medical plan rates?

Yes. You may complete [Reasonable Alternative Standard\(s\) \(RAS\)](#) in the Healthy Reyes Portal.

4. How long does it take for my health screening results to appear on the Healthy Reyes Portal?

You'll receive an email that your results are available in the Healthy Reyes Portal usually within 10 business days of your completed health screening. However, it's important to note that if you completed your screening at a CVS MinuteClinic, it may take up to 4 weeks for your results to post. Be sure to log into your Healthy Reyes Portal account to ensure your health screening results were recorded.

5. Do both my spouse and I need to complete health screenings and meet the good health threshold to receive the full discount on medical plan rates?

Yes, to receive the full discount, both you and your spouse (if enrolled in medical coverage through Reyes Holdings), need to complete a health screening and either meet the good health threshold, or complete Reasonable Alternative Standard(s) (RAS). If only one of you participates in the health screening process and/or meets the good health threshold, then you will receive a partially discounted medical plan rate in 2024.

6. Are results from the health screening confidential?

Yes, by law, your personal health screening results are confidential. Reyes Holdings will be notified only that you qualify. Reyes Holdings will not know how you qualified (whether by meeting the good health threshold or by completing a Reasonable Alternative Standard(s) (RAS)). Virgin Pulse follows all patient privacy laws and is prohibited by law from sharing your individual results with Reyes Holdings. To help plan future benefit offerings and programs, Reyes Holdings will receive a summary report that excludes individual health information. Additionally, Virgin Pulse may collaborate with other Reyes Holdings vendors to help promote the good health of our employees.

Frequently Asked Questions (continued)

7. Can I use my annual physical to earn the discount?

Yes. If you saw your Primary Care Physician in 2023, and your visit included the five health measures, your results can be used for your 2023 health screening. You must print the Physician form from the Healthy Reyes Portal, ask your doctor to complete the form, and submit it by December 31, 2023.

8. I got a health screening as a new hire in 2023. Do I need to re-screen to get discounted medical plan rates in 2024?

New hires who screen in 2023 and earn discounted medical plan rates are considered 'one and done' and their screening counts for both 2023 and 2024. If you (and your spouse, if applicable) did not complete a health screening yet as a new employee, you have until December 31, 2023 to get a screening and earn discounted rates for the remainder of 2023 and 2024.

9. I am enrolled in the default medical plan (or not currently enrolled in medical coverage through Reyes Holdings). Why should I consider getting a health screening?

Preventive health screenings are good for your and your wallet. By getting an annual health screening, you can help manage your long-term health care expenses by catching potential illnesses or chronic conditions early when they are easier and less expensive to treat. Annual health screenings are free for all employees and spouses. Additionally, if you need to add or change your medical plan in 2024, you will not be eligible for discounted rates unless you screened in 2023.

10. Are there other opportunities to earn money if I get a health screening?

Yes. If you're enrolled in Critical Illness and/or Accident insurance, you can submit a Wellness claim to The Hartford and get \$100 under each plan, for each covered family member who received a qualifying exam during the year — and the annual health screenings qualify for employees and spouses! This is in addition to the discount of up to \$2,000 that you can earn on your 2024 medical plan rates! Learn more [here](#).

11. Where can I go if I have questions?

Contact either:

- Virgin Pulse Member Services via Chat, email (support@virginpulse.com) or phone **888-567-2048**.
- The Benefits Department in the Reyes Holdings HR Service Center at benefits@reyesholdings.com or call **800-298-9461, option 1**.