



# KNOW YOUR NUMBERS CHALLENGE

**LEARN** more about your health,  
**EARN** money to your HSA\* and a  
chance to win a Nike+ iPod Sports Kit!

**Looking to improve your health?**

**Get screened and complete your Personal Health Assessment to get more informed about health status. Once you have that information you can talk with your doctor and your RedBrick Health Advocate and GET ON THE PATH TO BETTER HEALTH.**

**Knowing your numbers pays off even more this year:**

- **\*Those covered by the Health4Life medical plan will earn cash to their Health Savings Accounts just by completing a few simple tasks by Nov. 30, 2009.**
- **Through the Know Your Numbers Challenge, all employee and adult family members can earn chances to win prizes just for completing those same tasks by March 31, 2009.**

*See back for details*

**HEALTH4LIFE** Be Safe



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## How It Works

**Complete TASK ONE and TASK TWO: earn 1 entry**

### **TASK ONE: Get Screened and Submit Your Results to RedBrick Health**

Get screened by your health care provider and have him/her submit the results by using the health screening form from RedBrick Health. If you are enrolled in the Health4Life medical plan and schedule a check-up with an in-network provider, your visit will be covered 100 percent by the plan. If you participated in an on-site screening with RedBrick Health, your screening results have already been submitted and applied to the Know Your Numbers Challenge.

or

Submit results of a screening that took place within the last six months by having your health care provider complete and submit the form from RedBrick Health.

### **TASK TWO: Complete a Personal Health Assessment**

Update your personal profile and complete a 20-minute personal health assessment questionnaire. You can do this in one of three ways:

- A. Online at [www.redbrickhealth.com](http://www.redbrickhealth.com)
- B. Over the phone by calling 877-H4L-WELL
- C. Through the mail by requesting a paper version of the health assessment from RedBrick Health

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**Complete BONUS: earn 1 entry**

### **BONUS: Share Your Thoughts**

Let us know how completing these tasks helped you better understand your health and what action you will take as a result.

Send an e-mail with the subject line "Know Your Numbers Challenge" to [KYNChallenge@redbrickhealth.com](mailto:KYNChallenge@redbrickhealth.com). Be sure to include your full name in the body of the e-mail.

or

Call a RedBrick Health Advocate at 877-H4L-WELL and tell them you'd like to share your testimonial as part of the Know Your Numbers Challenge.

By submitting my thoughts for the bonus entry, I agree to have my testimonial shared on [www.HessHealth4Life.com](http://www.HessHealth4Life.com) or in a Health4Life newsletter or presentation to be viewed by Hess employees and family members.

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Employees and adult dependents enrolled in the Health4Life medical plan and employees eligible for U.S. corporate benefits, regardless of whether enrolled in the H4L medical plan, can participate in the Know Your Numbers Challenge. Entries must be received by 9 p.m. ET on Tuesday, March 31, 2009. Winners will be selected randomly on April 15 and will be informed soon after. This information can also be found at [www.HessHealth4Life.com](http://www.HessHealth4Life.com).

Have Questions?

If you have any questions, please call a RedBrick Health Advocate at 877-H4L-WELL (877-445-9355) Monday through Friday, 8 a.m. to 9 p.m. ET.

By law, individual results from screenings and personal health assessments, and individual medical information are confidential and NEVER shared with the company.