

The following communication is being sent on behalf of A. H. Belo Benefits.

2019 Biometric Screening Calendar

Location	Address	City	Zip	Date	Day	Start Time	Finish Time	Room
Plano	3900 W. Plano Pkwy	Plano	75075	6/21/2019	Friday	7:00 AM	11:00 AM	Training Room
Plano	3900 W. Plano Pkwy	Plano	75075	7/09/2019	Tuesday	7:00 AM	11:00 AM	Training Room
Plano	3900 W. Plano Pkwy	Plano	75075	7/19/2019	Friday	7:00 AM	11:00 AM	Training Room
Plano	3900 W. Plano Pkwy	Plano	75075	7/31/2019	Wednesday	7:00 AM	11:00 AM	Training Room
Central	8350 N Central Expwy	Dallas	75206	6/17/2019	Monday	9:00 AM	1:00 PM	Lambda
Central	8350 N Central Expwy	Dallas	75206	7/25/2019	Thursday	9:00 AM	1:00 PM	Lambda
Corporate	1954 Commerce Street	Dallas	75201	6/04/2019	Tuesday	07:00 AM	12:00 PM	Trinity Grove
Corporate	1954 Commerce Street	Dallas	75201	6/20/2019	Thursday	07:00 AM	12:00 PM	Trinity Grove
Corporate	1954 Commerce Street	Dallas	75201	7/12/2019	Friday	07:00 AM	12:00 PM	Trinity Grove
Corporate	1954 Commerce Street	Dallas	75201	7/16/2019	Tuesday	07:00 AM	12:00 PM	Trinity Grove
Corporate	1954 Commerce Street	Dallas	75201	7/18/2019	Thursday	07:00 AM	12:00 PM	Trinity Grove

We are continuing our goal for the A. H. Belo benefit plan to have improved health for our employees and their families. We realize the daily demands of life and work can make it hard to live a healthy lifestyle. We do feel that knowledge is half the battle – if you know your personal health risks, you can make changes to improve your health. If we continue to improve our health and reduce our health risks, we all win by having improved long-term health as well as lower claims costs. While A. H. Belo and our employees cannot impact medical inflation and what happens in the marketplace, we can work together to take actions to improve our long-term health.

2019 Biometric Screening Program Information

- **Employees and their covered spouses hired on or before July 1, 2018 must take and pass required measures for the Biometric Screening to avoid the surcharge in 2020.**
- **Employees and their covered spouses, hired on or after July 2, 2018 and on or before May 1, 2019 must take the Biometric Screening, but are not required to pass because this will act as a Base Year. They are, however, required to pass the Tobacco screening.**
- **Employees, and their covered spouses, hired on or after May 2, 2019 are not required**
- Dependent children are **not** required to participate.
- The surcharge for failure to pass or to take the biometric screening is ***\$100 per person per month.***
- The surcharge for failure to test negative or to take the tobacco (cotinine) screening is ***\$75 per person per month.***

- The appeal process is in place for those who do not pass required biometric screening measures and ends on August 31, 2019. There is also a program called “Kick It!” to avoid ongoing surcharge for tobacco (cotinine) use.

Please read the attached Announcement and the FAQs for complete details.

For 2019, you will have three options available for your biometric and tobacco (cotinine) screening requirement:

1. **You may use your own physician to report results to Onsite Health Diagnostic.** Log into <https://my.onsitehd.com/signup/ahbelo> and choose the Physician Screening option. You must print the Physician Screening Form to take with you to your appointment. Refer to FAQ #5 if you have already completed your annual physical this calendar year.
2. **Onsite Health Diagnostics** will provide a limited number of onsite screening events at all of our work locations. Log into <https://my.onsitehd.com/signup/ahbelo> and choose the Onsite option to view times and places to schedule your screening here at work. A schedule is attached for your review. This is not an option for Employee Spouses.
3. **LabCorp Patient Care Service Center** will also perform screenings for us. Choose the LabCorp Screening Option when you log into <https://my.onsitehd.com/signup/ahbelo>. Print the LabCorp Screening Form to take with you to your LabCorp visit. *LabCorp will not conduct your screening without this form.*

The attached announcement and FAQ documents are also available on <http://life360ahbelo.com> on the home page under Health, Biometric Screenings.

If you have any questions on the program, please contact A. H. Belo Benefits at x7210. For questions regarding the Onsite Health Diagnostics website, to register by phone, or assist with password resets, contact Onsite Health Diagnostics at [1-877-366-7483](tel:1-877-366-7483).

A. H. Belo Benefits
[214-977-7210](tel:214-977-7210) (direct)
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