

# 2018 FIT FOR LIFE TARGETS

Below is a timeline to guide you through the steps you need to take prior to Open Enrollment so you can be eligible for discounts on your QuickChek medical premiums in 2018.

What Do You Need to Do?	Completion Date
Complete a Biometric Screening at a Quest Diagnostics Patient Service Center	April 28, 2017
Complete a Health Risk Assessment (HRA)	May 31, 2017
Schedule a Review of Findings (ROF) Health Coach Call	June 2, 2017
Complete a Review of Findings (ROF) Health Coach Call	June 16, 2017
Confirm Your Fit for Life Target Status	July 31, 2017

Your spouse, if enrolled in a QuickChek medical plan, also needs to complete the Fit for Life Targets.

Contact	Phone Number	E-Mail / Website
Benefits Call Center	844-372-7674	quickchekbenefits@winstonbenefits.com
HealthCheck360 <sup>®</sup>	866-511-0360	support@healthcheck360.com
Quest Diagnostics	866-908-9440	questdiagnostics.com
QuickChek Benefits Team Linda Solt Mary Hengst Nancy Rumpf	908-534-7263 908-534-7274 908-534-7359	lsolt@qchek.com mhengst@qchek.com nrumpf@qchek.com

Open Enrollment runs from August 21, 2017 through September 8, 2017.

