

2027 MEDICAL PLAN DISCOUNT PROGRAM

Be the healthiest you by completing the two activities inside and receive up to 30% lower medical plan rates in 2027.



The numbers you need to know

by September 1, 2026 to save up to 30% on your 2027 Medical Premiums.

EARLY WARNING:

3 of 5 Metabolic Syndrome Factors in AT RISK RANGES = 2X Heart-Disease/Stroke Risk AND 5X Diabetes Risk compared to healthy ranges.

Blood Pressure

Too much pressure against your arteries and blood vessels could be causing damage.

AT RISK RANGE: 130/85 or higher

Waist Circumference

Carrying more fat in your stomach is a greater health risk than your overall body weight.

AT RISK RANGE: Women– Over 35 inches; Men– Over 40 inches

Glucose

Your body may not be able to process the amount of sugar you eat.

AT RISK RANGE: Higher than 100 (After not eating for 9 hours)

Cholesterol

Total Cholesterol is a combination LDL (Lousy Cholesterol) and HDL (Healthy Cholesterol). Too much LDL and/or not enough HDL can make it harder for blood to move around your body.

AT RISK RANGE: Women– HDL lower than 50; Men– HDL lower than 40

Triglycerides

Too much of this type of fat in your blood could be a sign that your body is not able to process excess fat, sugar, and alcohol.

AT RISK RANGE: Higher than 150

Talk to your doctor about your Metabolic Screening results during your yearly physical and follow up with your Aetna Nurse Health Coach to work on healthy lifestyle changes.



"The health and wellness program really educated me on how to change my eating plans and my daily routine. My biggest thanks goes to my wife and nurse health coach, Rachel, for showing me how to change my lifestyle and be able to enjoy things that I eat without having to change too much of my life. All this was easy - pay attention to your body. Listen to what it's telling you. Get your metabolic screening. When you get your results in, pay attention to the Quest book. It breaks it down to everything that's going on in your body and see your doctor. Was the health coaching worth it? Absolutely! I want to enjoy life as long as I can with my grandkids." ~Leonard Wright/MDI Warehouse



2027 MEDICAL PLAN DISCOUNT PROGRAM

To avoid paying up to 30% more on 2027 medical premiums, you and your covered spouse must complete these two wellness activities by September 1, 2026. It's just that simple.

Activity 1 | Quest Metabolic Screening

The Quest Metabolic Screenings are FREE and include a FASTING blood draw, waist measurement and blood pressure.

Notice Regarding Metabolic Blood Screening Tests

The metabolic blood screening tests provided by Alex Lee are part of our commitment to supporting employee health and wellness. These screenings are not drug tests and are not intended to detect the presence of any controlled or prohibited substances. Alex Lee does not see individual test results; all results are managed by Quest, and only anonymous, aggregated data is shared with Alex Lee. If you have questions about the process, confidentiality, or how results are handled, please contact Quest at 855-623-9355.

COMPLETION TIMEFRAME: January 1 to September 1, 2026

YOU MUST REGISTER ONLINE TO COMPLETE
YOUR QUEST METABOLIC SCREENING:



Follow these steps:

Employee:

1. Login to the Alex Lee Employee Portal
2. Click Quest Diagnostic
 - Returning Users:**
 - Login with your current Quest User ID and Password
 - New Users:**
 - Registration Key is "alexlee"
 - Register and create an account using your Aetna ID Card# (WID#)
3. Register for your screening by choosing either:
 - an onsite event (specific dates to be announced at a later time)
 - a local Quest Patient Service Center
 - a Quest Physician's Results Form

Spouse:

1. Go online to <https://my.questforhealth.com>
2. Click Register for Your Quest Metabolic Screening
 - Returning Users:**
 - Login with your current Quest User ID and Password
 - New Users:**
 - Registration Key is "alexlee"
 - Register and create an account using your Aetna ID Card#+S (WID#+S)
3. Register for your screening by choosing either:
 - an onsite event
 - a local Quest Patient Service Center
 - a Quest Physician's Results Form

IMPORTANT: Since longer than normal wait times are possible, we encourage you to schedule your annual wellness exam as soon as possible.

THERE WILL BE NO EXTENSIONS BEYOND THE SEPTEMBER 1, 2026 COMPLETION DEADLINE.

DON'T MISS OUT!

You could save up to \$2600 in 2027*

Your Aetna Medical Plan covers your annual wellness exam anytime in the calendar-year so you can go to your appointment earlier than you did last year.

**Savings shown are based on Family Coverage in the Plus Plan*

IMPORTANT!
The CVS Minute Clinics & Health Hubs **cannot be used** for either of these two wellness activities.

Activity 2 | Annual Wellness Exam

Complete your FREE annual wellness exam with your Aetna In-Network primary care physician. If you do not have a primary physician, call Aetna Concierge at 1-800-776-0360 or go to aetna.com.

COMPLETION TIMEFRAME: January 1 to September 1, 2026

Alex Lee's medical plan allows you to receive an annual wellness exam once per calendar year (from January 1 to December 31 of the SAME YEAR)*

*Calendar Year Example: If you received an annual physical in October 2025 you can receive an annual wellness exam in March 2026.

2025

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

2026

JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

IMPORTANT: Since longer than normal wait times are possible, we encourage you to schedule your annual wellness exam as soon as possible.

THERE WILL BE NO EXTENSIONS BEYOND THE SEPTEMBER 1, 2026 COMPLETION DEADLINE.

You DO NOT have to wait 12 months from your 2025 wellness exam to complete one in 2026.

Resources



SCAN THIS CODE to visit the Alex Lee Wellness Site for more information and detailed instructions;
OR simply go to wellness.myalexeebenefits.com;
OR call Aetna Concierge at 1.800.776.0360

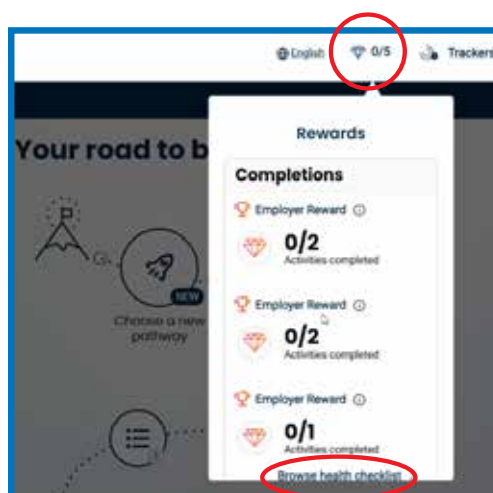


How to Track Your 2027 Wellness Program Status



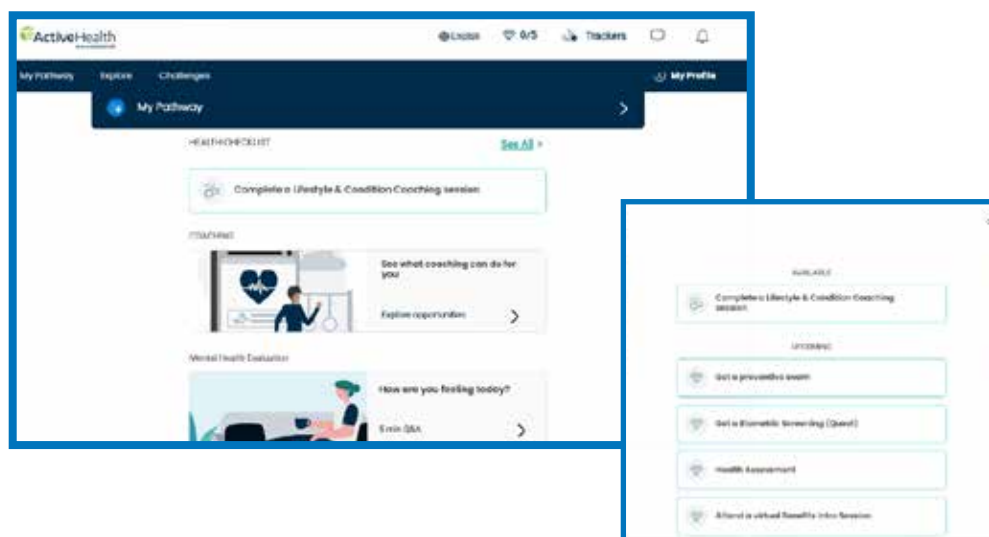
FROM YOUR COMPUTER

1. To check your wellness completion status, go to the Aetna **Health Your Way** section of www.aetna.com.



2. Click the **gem icon**.

3. Click **Browse health checklist** to see which wellness activities you have received credit for and which activities you still need to complete.



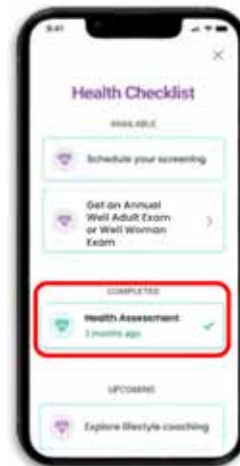
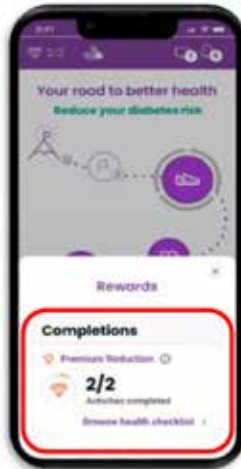


FROM YOUR PHONE

1. To check your wellness completion status, go to the Aetna Health Your Way section of www.aetna.com.



2. Click the **gem icon**.



3. Click **Browse health checklist** to see which wellness activities you have received credit for and which activities you still need to complete.

TO AVOID PAYING UP TO 30% MORE FOR YOUR 2027 MEDICAL PLAN, KNOW YOUR NUMBERS BY SEPTEMBER 1, 2026

The Alex Lee wellness program is a voluntary wellness program available to all employees and covered spouses as part of the Alex Lee group health plan and is not a condition of employment. If you and your covered spouse choose to participate in the wellness program, you and your covered spouse will be asked to complete an annual wellness exam with a qualified medical provider. You and your covered spouse will also be asked to complete a Quest Metabolic Screening which will include blood pressure, waist circumference and a blood test for cholesterol, triglycerides and blood sugar. You and your covered spouse are not required to complete the annual wellness exam or to participate in the Quest Metabolic Screening or other medical examinations. However, employees and covered spouses who choose to participate in the wellness program will receive an incentive of up to 30% lower medical plan rates for 2027. Although you and your covered spouse are not required to complete the annual wellness exam or participate in the Quest Metabolic Screening, only employees and covered spouses who do so will receive up to 30% lower medical plan rates for 2027.

Print this page and take it to your physician when you and/or your covered spouse go for your wellness exam in 2026.



Important: Please file my visit today as an Annual Wellness Exam

- Completing an Annual Wellness Exam each year gives me up to a 30% discount on my group medical premiums.
- My employer's health plan covers one **\$0 co-pay Annual Wellness Exam** per calendar year, regardless of whether it's 365 days since my last exam.
- Kindly record today's visit as an Annual Wellness Exam / Preventive Visit so it will be appropriately credited under my employer's wellness program.

For questions about claims, contact Aetna at 800-776-0360