

Leader Talking Points: Caterpillar Health Exam Program

- Many times, people don't realize they're living with very high cholesterol, blood pressure or blood sugar, and this lack of knowledge can have serious impacts later in life.
- A Caterpillar Health Exam offers an opportunity to learn more about your current health, review your health history, discuss any personal risk factors, and ask questions.
- A Caterpillar Health Exam is a comprehensive health check that takes place over two appointments and includes a fasting blood panel, head-to-toe physical exam, review of health history and recent tests results, and discussion of any health risk factors.
- A Caterpillar Health Exam is a benefit provided under Caterpillar's group health plans, and your personal health information collected during the exam is protected by the Health Insurance Portability and Accountability Act of 1996 (HIPAA).
- The benefit is available to all full-time and part-time Caterpillar employees who are eligible to enroll (enrollment not required) in a Caterpillar health plan.
- Employees may schedule their Caterpillar Health Exam every 1-5 years, depending on age/date of last exam/health risk.
- For more information about the benefit or to schedule your Caterpillar Health Exam, contact your local Caterpillar Medical station, call **877-838-0596**, or email **DeJaynes_Stacy@cat.com**.