

## 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, which can seriously impact your health and well-being.
- A Caterpillar Health Exam offers an opportunity to learn more about your current health, 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 thorough fasting blood panel, head-to-toe physical exam, review of health history and tests results, and time to discuss any health concerns.
- Your Caterpillar Health Exam is completely voluntary and strictly confidential; your health information is protected as required by law.
- 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.
- At facilities where the Caterpillar Health Exam program services are offered onsite, lab work and exams appointments are available during paid work time.
- 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**.