



Stay on Track With Your Health Benefits

Staying compliant with Pinnacle Health Management keeps you moving forward — and ensures you don't miss out on valuable benefits

Compliance helps you:

- Maintain eligibility for health insurance premium discounts
- Receive personalized support for better health outcomes

How to Stay Compliant

We want you to get the most from your health benefits — including your premium discount. Just complete a few simple steps to stay on track with your health goals and savings.

Here's what you and your covered spouse need to do:

1. Complete your annual Health Risk Assessment (HRA). Choose the option that works best for you:

Online — Scan the QR code or visit sff.pinnacletpa.com/hra and enter your information and employee ID — no login required. If your spouse is covered, they'll use your employee ID, too. Then, answer a few quick questions about your health and lifestyle.



In-person — Stop by your local HR office to complete a short paper form. Your HR team will submit the results for you.

2. Complete your annual biometric screening and submit your results. You have a few easy options to get it done:

On-Site Nurse

Contact your occupational nurse to schedule your appointment:

Cell: (559) 761-2979

Office: (559) 552-4222

Email: angela.christiano@shehadeyfoods.com

Quest Diagnostics

Visit a Quest Diagnostics location to complete your biometric screening. Scan the QR code or visit my.questforhealth.com and enter the registration code **shehadeyfoods** to schedule an appointment.



Your Primary Care Provider

Prefer to use your doctor? Just ask them to complete the screening and send your results by fax to (949) 253-5415 or email to shehadeyphm@pinnacletpa.com.

Download and print the form at sff.pinnacletpa.com/biometrics or scan the QR code and bring it to your appointment.



3. Ongoing Nurse Support (if needed). If you're diagnosed with diabetes, hypertension, or high cholesterol — or if your screening results show early signs — participate in quarterly calls with your designated nurse for continued support starting January 1, 2026.

Scan the QR code or visit sff.pinnacletpa.com/coaching to sign up and book your first call in one easy step.



Opt-Out Option:

You can choose to opt out of Shehadey's Health Management Program, but doing so means you won't be able to receive the premium discounts

Your Success. Your Responsibility.

Completing these steps ensures you get the best care, stay eligible for your health insurance discounts, and see real results in your health.

Let's work together to keep you on track and thriving!

Have questions? Just reach out — we're here to help! (855) 730-8652 | shehadeyphm@pinnacletpa.com