

FREQUENCY OF BENEFITS

Active employees under age 40

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|--|--------------------------|
| 1. Complete history and physical examination | Once every two (2) years |
| 2. Urinalysis | Once every two (2) years |
| 3. Blood Count | Once every two (2) years |
| 4. Chest x-ray | Once every two (2) years |
| 5. Pulmonary function examination | Once every two (2) years |
| 6. Treadmill test, when deemed necessary | Once every two (2) years |

Active employees age 40 through 44

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|--|--------------------------|
| 1. Complete history and physical examination | Once every year |
| 2. Urinalysis | Once every year |
| 3. Blood Count | Once every year |
| 4. Chest x-ray | Once every year |
| 5. Pulmonary function examination | Once every two (2) years |
| 6. Glaucoma | Once every two (2) years |
| 7. Cholesterol | Once every two (2) years |
| 8. Uric acid | Once every two (2) years |
| 9. Blood sugar tests | Once every two (2) years |
| 10. Mammogram (for female employees) | Once every two (2) years |
| 11. Treadmill test, when deemed necessary | Once every two (2) years |

Active employees age 45 through 49

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|--|--------------------------|
| 1. Complete history and physical examination | Once every year |
| 2. Urinalysis | Once every year |
| 3. Blood Count | Once every year |
| 4. Chest x-ray | Once every year |
| 5. Pulmonary function examination | Once every two (2) years |
| 6. Glaucoma | Once every two (2) years |
| 7. Cholesterol | Once every two (2) years |
| 8. Uric acid | Once every two (2) years |
| 9. Blood sugar tests | Once every two (2) years |
| 10. Mammogram (for female employees) | Once every two (2) years |
| 11. Treadmill test, when deemed necessary | Once every two (2) years |
| 12. EKG | Once every other year |

Active employees age 50 and older

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|--|-----------------|
| 1. Complete history and physical examination | Once every year |
| 2. Urinalysis | Once every year |
| 3. Blood Count | Once every year |
| 4. Chest x-ray | Once every year |
| 5. Pulmonary function examination | Once every year |
| 6. Glaucoma | Once every year |
| 7. Cholesterol | Once every year |
| 8. Uric acid | Once every year |
| 9. Blood sugar tests | Once every year |
| 10. Mammogram (for female employees) | Once every year |
| 11. Treadmill test, when deemed necessary | Once every year |
| 12. EKG | Once every year |