



Dear Toledo Firefighter Health Plan Member,

The 2010 Toledo Firefighter Health Plan is hosting the annual health fair on March 12 & 13 from 6am-12noon. All Toledo Firefighters and spouses are encouraged to attend. Prior to the health fair, the Health Plan is asking you to complete a health questionnaire.

Together the YMCA/JCC of Greater Toledo and Toledo Firefighters Health Plan are offering members a new, shorter, online Personal Wellness Profile (PWP) health questionnaire this year. Starting February 19, 2010, you will be able to complete your PWP online. This program offers health-related benefits to you, both personally and professionally. It is designed to increase your lifestyle awareness through an online PWP and onsite health screenings in several areas: blood pressure, body mass index, body composition, vision, hearing, lung capacity, fasting lipid profile including total cholesterol, HDL, LDL, triglycerides, glucose, and PSA for those that qualify.

Please complete the online PWP after Friday, February 20, 2010. To complete your online PWP follow the easy steps below:

1. After February 20, logon to www.tffhp.org/wellness
2. Scroll down to "Annual Health Fair"
3. Click on "Toledo Firefighter Online PWP"
4. Select "I don't have an account: [Sign Up](#)" to create an account
5. Follow registration instructions
6. Select "Personal Wellness Profile" on the left hand column under *My Health Tools* to begin your assessment
7. Please review the *Consent and Notice to End Users*. After agreeing, you will be given access to *Personal Wellness Profile™*. You will only need to accept once.

All questionnaires MUST be completed by March 12, 2010 prior to health screening.

Contact Sarah Bucher with questions, sbucher@ymcatoledo.org or 419-725-7892.