



## 2013 EMPLOYEE HEALTH & WELLNESS PROGRAM

### OVERVIEW

This is a voluntary program offering you incentives to improve your overall health and earn savings on your monthly health insurance premiums.

### WHY SHOULD YOU JOIN?

Besides the out-of-pocket savings on your premiums, there are additional benefits to being part of a wellness program. First, it is important to your own well-being and achieving a *Better Lifestyle* for you and your family. Second, wellness impacts the company's bottom line, because focusing on wellness reduces long term claim costs. Join the 2013 employee health and wellness program and "*Point Yourself Toward a Better Lifestyle!*"

If you are already participating, congratulations on choosing a **Healthy Direction!**

### HOW CAN YOU PARTICIPATE?

- Participation is voluntary.
- Each quarter you will have the chance to participate in the wellness program requirements, for a "wellness" reduction from the base price of premiums for the next quarter.
- If you fail to achieve the required activity in any quarter, the following quarter's premiums will be deducted at the "base" or full rate.

### WHAT ARE THE QUARTERLY REQUIREMENTS?

- Each quarter, you may choose to participate in the fitbit pedometer program, reaching a weekly average of required steps on your pedometer OR choose a coaching topic to complete through the UHC health rewards program.

### WANT TO EARN A \$25 GIFT CARD?

- Complete a Health Risk Assessment (HRA) online at United Healthcare's [www.myuhc.com](http://www.myuhc.com) website and earn a \$25 gift card. If you completed one in 2012 – please update your information for 2013.

**Note:** Completing the HRA will no longer qualify for the quarterly discount. You will earn a \$25 gift card instead.

**\*\*Contact Human Resources for more details**

