



Point Yourself Toward a Better Lifestyle

## 2016 EMPLOYEE HEALTH & WELLNESS PROGRAM

Let's get Healthier in 2016 with *Healthy Directions!*

### 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 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 one of the following:

- ❖ Fitbit pedometer program, averaging 6,000 steps per day.
- ❖ Complete the required number of coaching topics through the UHC Healthy Rewards program.
- ❖ Participate in the Quarterly 'Biggest Loser Program' and meet the established goals.



fitbit  
WIRELESS ACTIVITY TRACKER

Contact Christine Cousineau at 937.366.2472 for more details