

Checking in on New Year's Resolutions

**“Congratulations on achieving the new you!”
– This is what you want to be celebrating at the end of 2012.**

It's the fund's hope that at the end of 2012, you'll look back having accomplished your New Year's resolutions and health goals. In the spring, your fund communicated resources for you to achieve your health and wellness goals. With fall fast approaching, 2013 is right around the corner and now is a good time to check in and see how you're doing.

Have you taken more quality time for you? Have you lost those few extra pounds? Have you decided it's time to quit tobacco? We realize that making these changes takes time and effort, but you deserve to feel better and be healthier. You've worked too hard not to be able to enjoy your life in the richest way possible. That's why your fund is continuing to provide you the resources below as part of your health plan.

Whether it's managing your lower back pain, quitting tobacco or trying to find a deal on a gym membership, we've listed resources below that are included with your health plan. Get engaged, Go You!, and make 2012 the best year yet because you've earned it!

1:1 Personal Advocate—Lifestyle Program

How are those New Year's resolutions? Do you have a new goal? Why is it then that so many of us fail each year? It's because we don't get help! That is why your fund has provided you with a dedicated resource and advocate to help you succeed; they are your coach and number-one fan. Whether it's cooking healthier meals, making a workout plan, relaxing more or kicking tobacco, these coaches will be your advocates and have your back for achieving your goals. By enrolling in the program you'll receive 100% confidential phone calls that accommodate your schedule. Free materials will arrive at your doorstep to support you. Make a phone call today to begin living better!

Action Step: Make 2012 the year for you by calling the number on the back of your ID card (1-800-768-4695)

to enroll. Our coaches will be your advocate in reducing your stress, helping you quit tobacco or maintaining a healthy weight.

Pay Less for More—Healthy Rewards

What if you could save \$10 per month on a gym membership? How about receiving discounts on massages and acupuncture? These items and much more are available at deeply discounted bargains for you. We're talking up to \$200 a year you could save on gym fees alone. Don't miss out. Call the number below to see what bargains you might be missing out on.

Action Step: Call 1-800-558-9443 to begin learning about the bargains available to you so that you can begin saving money.

Take Better Care of You by Learning—Disease Management Program

Sometimes it helps to have an advocate who is looking out for you. Diabetes, low back pain, heart problems, you name it; health care can be a complex place for someone who is trying to manage their condition. That's why we have an advocate outreach program designed to assist you with certain conditions (low back pain, diabetes, COPD and asthma). A dedicated nurse will walk you through you any questions you may have about your condition, communicate with your provider to make sure you're receiving quality care and be your advocate in improving your health. Make 2012 the year that you beat your condition; don't let it beat you!

Action Step: Answer the phone when you see “your health plan” on the caller ID to speak with your advocate and make an appointment with your primary care physician to learn more about steps you can take.