

**ABC**Hospital

Your Journey  
**to Better Health**  
Begins Here



**Just take the First Step**

“Employees are at the heart of ABC Hospital. Without dedicated staff caring for patients, helping visitors and maintaining the organization, the hospital is just a building. The work that you do every day makes a difference – it saves lives.

By receiving this Wellness booklet, you have already started your journey to making the most of your benefits. Your benefits counselor who provided you with this packet can answer your specific questions and help you design a benefits package that works with your healthy goals and budget. You can also access answers on-line at the Personal Choices website at [www.abchospital.org/careers](http://www.abchospital.org/careers). Click on Employee Benefits on the left-side menu and then log in as a current employee with the user-name: ABCHOSPITAL and password: ABCHOSPITAL.

Use the information and resources outlined within to understand and contribute to our collective efforts to reduce healthcare costs. Your commitment to wellness will benefit you, your family, and our community.

Thank you for all you do to make ABC Hospital the best place to work, practice medicine and provide care.”

**Become Part of the Solution** It's easy today to make better choices when it comes to healthy lifestyles. Almost everyone has room to improve! The most important question is, "Do you see yourself as part of the solution?"



### Programs Designed with Your Rewards in Mind

The most effective way to lower healthcare costs is to learn about and introduce lifestyle habits that will improve your health and wellbeing. We know that the choices we make regarding lifestyle dramatically impact healthcare costs, not to mention how we feel - and our life expectancy!

The ABCHospital Wellness program is easy to participate in and can be fun. Plus, many of the programs come with built in rewards! We all like free stuff and prizes, such as:

- >> Colorful T-Shirts
- >> Lunch Bags
- >> Sports Bottles
- >> Educational Material
- >> Pedometers

For additional information about these programs and many others, please contact our Wellness Coordinator at xxx-xxx-xxxx.

### Tools for Controlling Cost

In order to make informed healthcare decisions you need better information about the cost and quality of the healthcare resources available to you. Your medical carrier provides an extensive suite of personal health management tools available to you online.

Learn how to select your doctors and hospitals carefully. You will find tools online that will help you select providers and reduce costs in the following ways:

- Search and compare hospitals and doctors by zip code to find nearby caregivers.
- Locate doctors and specialists within the network (this reduces your out of pocket costs).
- In addition you can go online to the websites below to access special medical services for employees or family members with chronic illnesses like cancer, high blood pressure, coronary illness or asthma.

## NEW PROGRAM!

# Green Light Your Department for Program Recognition

This year ABC Hospital employees have an opportunity to contribute to the Hospital's new direction in healthcare management. The "Green Light" incentive program will recognize all ABC Hospital Departments that successfully achieve participation goals in the new Wellness initiatives. All Departments will earn a free pass Green Light certification for the first half of 2011. Enroll in any of the four new Wellness Benefit Programs to maintain Green Light status for your Department.

Top Departments will receive special recognition and awards along with prizes and resource grants!



**Schedule an appointment to meet with a Benefits Representative to enroll in any of the following four new Wellness Benefit Programs.**

### Walk to be Fit

**10,000 Steps A Day** – A pedometer walking program, walking routine, begin walking initiative or for beginning walkers. How many steps do you walk each day? Join in!

### Health Coach and Advisor

A personalized health improvement program designed to let xxxx members know about opportunities to maintain or improve their health.

Sign up to receive personalized coaching to make health improvement in areas that are focused on you and the concerns you wish to address. You will receive a free kit in the mail with tools and free rewards that will help you stay on track. Select from a menu of programs to get started:

- Healthy Steps to Weight loss
- Stress Management
- Tobacco Cessation
- Healthy Babies

**Help your department maintain the Hospital-wide Green Light status! Everyone benefits!**

Schedule an appointment online:  
[www.myenrollmentschedule.com/abc](http://www.myenrollmentschedule.com/abc)  
Or schedule by phone: xxx-xxx-xxxx

### Disease Management

#### **Don't Let a Chronic Condition Control Your Life**

If you have a chronic health condition, you can expect to hear from a xxxx disease management health advocate to discuss your condition. Learn how to have more meaningful discussions during doctor visits and better understand your treatment plan.

xxxx Wellness program offers help for chronic conditions, such as:

- Asthma
- Low back pain
- Diabetes
- Chronic Obstructive Pulmonary Disease
- Heart disease

### Health Assessment

Health assessment is an easy-to-use questionnaire about your health and wellbeing, which takes about 15 to 30 minutes to complete. The questionnaire asks you about your life and job, your family history and your overall health.

After you complete the health assessment, you'll receive a wellness score based on how your average compares to people in your gender and age group.

You can print a summary of the report to take to your next doctor's visit. Use it to ask your doctor questions and to learn more about your health. With more information, you can take control and make simple changes to improve your health.

# Lets Get Started

Schedule your 30 minute appointment with a **Benefits Representative** to choose your **Wellness Program** elections and receive your printed **Personalized Benefits Compensation Profile**.

Schedule an appointment online:

[www.myenrollmentschedule.com/abc](http://www.myenrollmentschedule.com/abc)

Schedule an appointment by phone:

XXX-XXX-XXXX

**Step 1.** Review the four new Wellness Program choices

**Step 2.** Make an appointment

**Step 3.** Visit the Benefits Representative to choose your Wellness Program and to receive your Personalized Benefits Compensation Profile

**Step 4.** Be a Green Light employee for your Department team

**Step 5.** Be healthy, wealthier and wise!

During your personal and private consultation you will receive free health and benefits enrollment assistance and information. Your Benefits Representative is an experienced salaried professional with years of experience assisting ABC Hospital employees in understanding and completing your voluntary benefits enrollment. During your session you will be able to:

- >> Learn more and enroll in any of the four Wellness Benefit Programs
- >> Sign up to receive program rewards and prizes
- >> Enroll in your Voluntary Benefits
- >> Earn Qualification Points for your Department's Green Light Incentive Award
- >> Obtain your printed Personalized Benefit Compensation Profile (confidentially delivered)



Enrollment is  
Your company enrollment dates here.  
Make your appointment today!