



HENDRIX COLLEGE

Take These Steps for a Healthy Payback

Managing your health pays off in more ways than one. You'll enjoy a better quality of life *and* save money. For 2009, **Hendrix College** offers you up to a \$575.00 Wellness Credit *for each adult participant* when you (and your spouse, if applicable) complete the steps below.

Save up to \$575

☞ This symbol indicates that you and your covered spouse are eligible to participate.

The Core Prevention Program Annual Savings: \$175.00

**Your
Numbers,
Your
Health**

Participate in on-site health screens, Nov. 17th and 18th, 2008

☞ It's an easy, no cost way to get the basic health information that we all need: blood pressure, cholesterol level, height, weight and waist circumference. All active employees and their covered spouses may participate. We will see you again in six months.

**Health
Risk
Assessment**

Take the Health Risk Assessment, Oct. 20th thru Nov. 14th, 2008

☞ Go to: www.engagementhealth.net, register (*it's easy*) and click on the link "Complete the HRA". **Can't go online?** Use the toll free number - 1 (888) ENG-HLTH and follow the instructions for telephone registration. **Need it in Spanish?** After you go to the website or dial the toll free number, *simply* select Spanish. **Six Months Later** we will ask you to take another survey called a Health and Work Productivity Questionnaire (an HPQ).

**Health
Coach
Call**

Make a Health Coach Call, Dec. 1st thru Dec. 23rd, 2008

☞ Go to: www.engagementhealth.net or dial the toll free number 1 (888) ENG-HLTH and pick a time that fits your schedule to *call* an EngagementHealth Coach. Let's talk and put you on a path to better health.

Weight Challenge Program Annual Savings: \$150.00

**Join a
Weight
Challenge
Team**

☞ Everyone is welcome!! No matter what your weight is! It's as important for those with a trim waist line to keep 'em trim as it is for those who need to lose some inches to lose them. **The EngagementHealth Coach will enroll you at the time of your first call.** It's a Team effort and we will want you to report your weight every week.

IT'S ALWAYS CONFIDENTIAL and PRIVATE!!!

Targeted Risk Program Annual Savings: \$250.00

☞ There is a program for everyone! You choose from one of six Targeted Risk Programs:

**Select a
Targeted
Risk
Program**

High Blood Pressure	High Cholesterol
Exercise	Calorie Tracking
Stress Management	Tobacco Cessation

The EngagementHealth Coach will enroll you at the time of your first call.

LEARN MORE GO TO www.engagementhealth.com



Programs Are Offered Through
ENGAGEMENTHEALTH™