

July, 2009

Welcome to the July issue of *PlusNotes for Employers*. Use it to make your Physicians Plus health plan work for you! This month's issue includes:

- Green & Gold Training Camp is Saturday!
- August is National Immunization Awareness Month
- Monthly Wellness Tip: Exercise Activities at Work

And please, invite your employees to subscribe to *PlusNotes for Members*! If you prefer not to receive future issues, simply click the link at the bottom of this newsletter to unsubscribe.

Green & Gold Training Camp is Saturday!

If your employees are looking for a fun family outing this weekend, pass along an invitation to our Green & Gold Training Camp on Saturday, July 18 from 10 a.m.–12 p.m. at Madison's Henry Vilas Zoo. Kids ages 5–12 will "work out" and have fun with Green Bay's Donald Driver and Edgar Bennett, and the YMCA of Dane County will have fun activities for kids 2–12. Ten very lucky participants will win a football personally autographed by each player. For easy registration, they can fill out and bring the registration form with them to the event. For more information about the event, visit HealthyChoicesBigRewards.com.

August is National Immunization Awareness Month

August is National Immunization Awareness Month and the perfect time to remind your staff to catch up on vaccinations for themselves and their family. Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families, friends and co-workers from serious infections. Encourage all your employees to make sure vaccinations for themselves and their family members are current!

Monthly Wellness Tip: Exercise Activities at Work

It's no secret that much of our time during the day is spent at work. And given all our modern conveniences including cars, elevators, escalators and computers, it is easy to go through a whole day without getting much physical activity. The following are activities that your employees may be able to fit into their daily routine that can provide significant health benefits:

- Take the stairs. If possible, take two at a time.
- Walk around your building, or your floor, at breaks.
- Deliver a message in person rather than e-mail.
- S-T-R-E-T-C-H.
- Still sitting? Grab the arms of your chair and press your body up out of your seat...and do so often.

To keep your employees active outside of work, Physicians Plus offers a health & fitness facility reimbursement as part of our Good Health Bonus. Members with single contracts can be reimbursed up to \$100 per year and family contract holders are eligible for up to \$200 per year per family.

Tell Us What You Think

Physicians Plus wants to know what you think! Send us your feedback, suggestions, and ideas for improvement. All submissions are reviewed, so please let us know.