

August, 2009

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

- Four new programs added to GO-TO Healthy Choices
- Meriter Medical Clinic-West Washington Open House on August 25
- Monthly Wellness Tip: Healthy Eating Habits for the entire year

And please, ask 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.

#### **Four Programs Added to GO-TO Healthy Choices**

Do you want to lose weight? Get more sleep? Feel better? Become more active? Think any employees in your organization might? Whatever the goal, [GO-TO Healthy Choices](#) has a solution and now offers four new programs: [Overcoming Binge Eating](#); [Overcoming Insomnia](#); [Overcoming Depression](#); and [Move](#). Remember, members can earn a \$25 [Good Health Bonus](#) reward for taking the initial HRA and another \$75 for participating in two lifestyle improvement/condition management programs! Encourage your staff to utilize GO-TO Healthy Choices and all the health & wellness resources built into their P+ plan (and check them out yourself, too!).

#### **Meriter Medical Clinic-West Washington Open House on August 25**

If you or your employees are looking for primary care in or near downtown Madison, check out the new Meriter Medical Clinic-West Washington [open house](#) celebration on August 25. From 5:30–7:00 p.m., meet the physicians, take a tour and enjoy refreshments. The clinic opens August 31 and is located at 345 West Washington Avenue. Park FREE in the ramp below the clinic off West Washington Ave.

#### **Monthly Wellness Tip: Healthy Eating Habits for the Entire Year**

During the summer, it's easy to eat healthy with all the wonderful fruits and vegetables that are abundant in our gardens or at farmer's markets throughout the area. But as summer turns into fall, we must make sure our healthy eating habits remain. September is [National Fruit & Vegetable Month](#) and the perfect time to make healthy eating habits last throughout the year with Physicians Plus programs like: GO-TO Healthy Choices [Balance](#) and [Nourish](#); a [Weight Watchers Reimbursement](#); or an [Eat Healthy Rebate](#) produce share from a [FRESH Food Connection](#) or [MACSAC](#) farm. Feel free to e-mail this info to your workforce or post on your intranet!

#### **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](#).