

September, 2009

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

- Choice is the Best Kind of Insurance
- Have a "Blast" at the Duck Pond on Oct. 24
- Monthly Wellness Tip: Stay Healthy during Flu Season

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.

Choice is the Best Kind of Insurance

If you have an annual health plan renewal decision coming up, we hope renewing your Physicians Plus plan is an easy choice. Because when it comes to health plans, P+ offers your employees the most choices, including:

- The area's broadest provider network of doctors and clinics;
- More than 20 network hospitals, including Meriter and UW in Madison;
- Freedom to choose a network specialist with no written referrals;
- GO-TO, our 24/7 online health management tool, and GO-TO Healthy Choices, our personal health manager; and
- A suite of wellness programs that deliver annual rewards up to \$200 per family.

Making the right choice takes options. And that takes Physicians Plus.

Have a "Blast" at the Duck Pond on Oct. 24

Are you or your employees looking for some fall family outdoor fun? At the [Physicians Plus Ballpark Blast at the Duck Pond](#) on Saturday, Oct. 24 from 10:00 a.m.–Noon, kids 12 and under can check out a variety of fun and active games on the Mallards home field. Enjoy ballpark concessions, meet Maynard the Mallard, catch the Physicians Plus Healthy Snack Racers and more – it will be a morning of fun for the entire family. Make plans to attend the final FREE GO Get Out! family event of 2009.

Monthly Wellness Tip: Keep Your Business Healthy During Flu Season

It's flu season again and P+ wants you and your employees to stay healthy. A flu bug that infects your business can severely affect productivity. With the help of a simple acronym – WASH UP – your employees can fight off the flu bug throughout the season.

W – Wash your hands with warm water and soap, especially BEFORE you eat and AFTER coughing or blowing your nose.

A – Avoid people who are ill. Keep your distance at work and in public.

S – Sneeze and cough into a tissue. Dispose of used tissues promptly and appropriately.

H – Hands away. Keep your hands away from your mouth, nose and eyes.

U – Unwind. Keep stress at a manageable level, eat right and get enough sleep.

P – Prevent the flu by getting vaccinated – especially if you are part of a high-risk population

If you or your staff have any questions about the flu or flu shots, encourage them to call their primary care physician (PCP) or the Physicians Plus NursePlus information line at **866-PPLUSRN (866-775-8776)** to speak with a registered nurse who is ready to provide health care answers and assistance.

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](#).