

November, 2009

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

- Understand Your Benefits: Emergency Vs. Urgent Care
- Still Time to Receive 2009 Good Health Bonus Rewards
- Monthly Wellness Tip: De-Stress Holiday Travel

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.

Understand Your Benefits: Emergency vs. Urgent Care

Do you and your employees know the difference between emergency and urgent care? Do they know which emergency departments and urgent care centers are in Physicians Plus' provider network? (St. Mary's Hospital in Madison, St. Mary's Sun Prairie Emergency Center and Mercy Hospital in Janesville are not network facilities.) If they are prepared before an emergent or urgent need comes up, it can save valuable time and money by knowing how to take action!

- [Emergency vs. Urgent Care Summary](#)
- Complete Emergency and Urgent Care Details in the [Member Handbook](#)
- Complete Listing of Network Providers in the [Provider Directory](#)

Still Time to Receive 2009 Good Health Bonus Rewards

There's still time for your employees to take advantage of their [Good Health Bonus](#) for 2009. A good place to start is the [GO-TO Healthy Choices](#) health risk assessment (HRA). The HRA provides an overall health snapshot and offers guidance toward making positive lifestyle changes, in addition to a \$25 reward. The Good Health Bonus resets on Jan. 1, so your employees can maximize their 2009 Good Health Bonus rewards and start over in 2010.

Monthly Wellness Tip: De-Stress Holiday Travel

Thanksgiving is typically the busiest travel weekend of the year. Since many in your organization will travel this holiday season, here are a few ideas that may help reduce their holiday travel stress:

- **Stay within a budget.** Holidays can be a time when free spending occurs. Make a spending budget and stick to it.
- **Allow plenty of time to get to your destination.** It sounds easy, but traffic and weather can inevitably slow your progress.
- **Give yourself time to unwind after arriving home.** It's great to have some time to catch up and recharge your batteries at home before going back to work.
- **Keep your sense of humor.** Even the best plans can go wrong. A positive mental attitude will go a long way in making the holidays special.

Your employees can also use [GO-TO Healthy Choices Relax™](#) to help cope with holiday stress! Relax is a stress management program that assesses sources of stress and identifies current healthy and unhealthy solutions. Participants can receive a customized action plan that includes important stress reduction techniques. Check it out!

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](#).