

September 2009

Welcome to the September issue of *PlusNotes for Members*, your source for news on your health plan and healthy living information.

In this issue:

- Have a “Blast” at the Duck Pond on Oct. 24
- Four Programs Added to GO-TO Healthy Choices
- September is National Fruits & Veggies – More Matters Month
- Meriter offers Orthopedic Lecture Series

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Have a “Blast” at the Duck Pond on Oct. 24

The Mallards season might be over, but your family can still have fun at the Duck Pond this fall. 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 try 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 for 2009. We hope to see you there!

Four Programs Added to GO-TO Healthy Choices

Do you want to eat healthier? Get more sleep? Become more active? Feel better? Whatever your goal may be, [GO-TO Healthy Choices](#) has a solution for you and now offers four new programs: [Overcoming Binge Eating](#); [Overcoming Insomnia](#); [Overcoming Depression](#); and [Move](#). Remember, you 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!

September is National Fruits & Veggies – More Matters Month

Mom was right – eating veggies is good for you! And starting with [National Fruits and Veggies – More Matters Month](#), you can do your mom proud by adding healthier foods to your daily diet. [GO-TO Healthy Choices Nourish](#) makes smart eating simple and provides food options for living a longer, healthier life. You'll receive a customized action plan including strategies for improving eating habits over time both in terms of food selection and methods for handling challenging situations.

Meriter offers Orthopedic Lecture Series

Is joint or tendon pain keeping you from doing the things you enjoy? If so, you'll want to attend Meriter's [Orthopedic Lecture Series](#). You'll learn helpful information on the latest medical, surgical and therapy treatment options available from Meriter's orthopedic surgeons and therapy experts. Sign up to attend at [Meriter.com/classes](#). There is no cost, but registration is required.

Tell Us What You Think

Physicians Plus wants feedback, suggestions and ideas for improvement from you! All ideas are reviewed, so if you have a suggestion, please let us [know](#).