

## A Wellness Program for Small Business

# Your Prescription for Better Health

*A healthier  
you starts  
here*

**Y**ou know how you're always talking about wanting to take better care of yourself, eat right, exercise more, maybe lose a few pounds? Setting and attaining those personal goals isn't hard, costly or time consuming. Most often it requires some encouragement, access to the right tools and information, and a little commitment from you.

Your employer is investing in your personal well-being and in the health of your family through the CBIA Health Connections medical program. And now, we've added a new wellness component. So in addition to your health benefits, you now have the opportunity to be at your personal best through a new wellness program — CBIA Healthy Connections. It's easy, and the rewards can be significant.



### Why wellness is good for you — and good for your company

The benefits of wellness programs to you personally can include:

- Increased energy and patience
- Less stress and more restful nights
- A more positive attitude
- Improved self esteem, especially related to fitness and body image
- Improved focus and quality of work
- Fewer work- and home-related accidents
- Overall improvements in your general health

To help you meet these valuable goals, CBIA Healthy Connections includes a free, easily accessible wellness feature designed to help you take better control of your own health. We work with you to accomplish this through:

- Increased awareness of the benefits of wellness
- Access to useful, pertinent information
- Simple interactive tools to help you make informed decisions about your health choices
- A dedicated support mechanism
- Personal incentives



*How it works* ►

# CBIA HEALTHY CONNECTIONS

## How it works

CBIA Healthy Connections will contact you by e-mail and ask you to go online to complete a free, confidential Health Assessment — a simple questionnaire that helps determine your current understanding of and commitment to wellness. It includes questions about your general health such as weight, stress, diet and exercise, and asks about habits such as smoking and alcohol consumption. **The information is confidential — it is not shared with your employer or with your insurance carrier.**



## Three simple steps to get you started

Here's how to get started on improving your overall wellness.

**STEP 1:** Choose the CBIA Health Connections plan of benefits that's right for you and your family.

**STEP 2:** Provide your e-mail address on your enrollment form. You'll then be contacted by e-mail and asked to complete your Health Assessment. At that time you'll also receive a confidential user ID and password to a special personalized wellness website. Once you complete your Health Assessment, you'll receive your \$50 Amazon.com electronic gift card\*!

**STEP 3:** Visit your personalized wellness website as often as you'd like to receive guidance and information that will help you improve your health and wellness.

## In return for completing the Health Assessment, you will receive a \$50 Amazon.com electronic gift card\*

After you complete your Health Assessment, you'll receive a report that outlines your general state of health and highlights areas for improvement. You will also be encouraged to visit an interactive, personalized wellness website for educational information and to participate in wellness workshops. You can return to the site as often as you'd like to receive program feedback and support.

Additionally, you will receive information that covers a variety of wellness topics including:

- Diet and nutrition
- Exercise and recreation
- Stress reduction
- Healthy weight-reduction or weight-gaining guidance
- Smoking-cessation programs
- *and much more*



## Visit your insurance carrier website, too

Another important wellness source is the website your insurance carrier provides its members. These sites have been designed to provide a wide array of health and wellness information, and to help you better manage and track your benefits. There you can find other useful material on exercise and fitness programs, nutrition, preventive care, and health- and wellness-related discount programs.

## Working together to improve health and wellness

When we perform at our best, everyone benefits. Improved health enhances our general quality of life, which is good for us personally and for how we perform in our jobs.



**Wellness — it's a smart prescription for increasing your quality of life.**

# CBIA HEALTHY CONNECTIONS

THE POWER OF CHOICE

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*This program is available exclusively to employees enrolled in the CBIA Health Connections program.*

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