

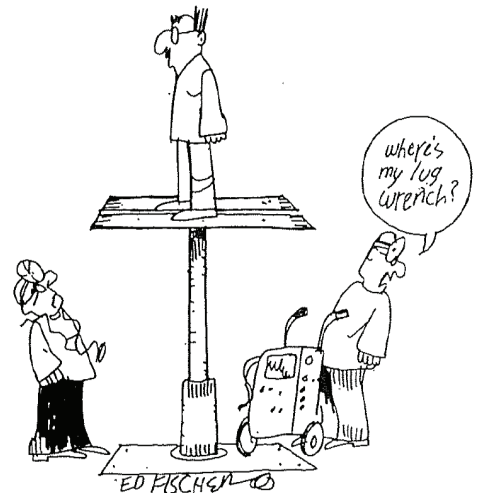


Bene-Facts



Participate in Work Site Preventive Health Evaluations. Read positive feedback from past participants!

- 👍 *“By participating in the health evaluation offered at my school, I discovered that my thyroid level was too low. My Doctor received the report and changed my medication.”*
- 👍 *“After the health evaluation, I started working with a health coach and lost weight. I feel healthier and more energetic.”*
- 👍 *“I am in my twenties, exercise regularly and lift weights. I did not feel that I needed to get screened. My school wellness coordinator convinced me to participate in the health evaluation. I discovered that I am diabetic. I have changed my diet and monitor my condition with my Doctor.”*



In an effort to encourage personal health awareness, focus on prevention and manage rising health care costs, we encourage everyone to **take 10 minutes out of your day and do something good for yourself.** Your results are **100% confidential!**

The Butler Health Plan offers FREE “Preventive Health Evaluations” to medical plan member employees and spouses at your work site.

You receive:

- ✓ **A state-of-the-art, 34 test blood screening that includes, but is not limited to:**
 - Cardiovascular disease risks (high cholesterol; high blood pressure)
 - Diabetes
 - Liver and kidney disease
 - Anemia
 - Blood, bone and muscle disease (including certain types of cancer)
- ✓ **Personal Health Report**, mailed to your home, explaining your results and what they mean.
- ✓ **www.interactivehs.com**
 - Online test results
 - Virtual medical record
 - Electronically forward your test results to your physician if you choose
 - Medical library on symptoms, diseases, treatments
 - Online health consultations
- ✓ **Health-related e-mails created for your wellness interests.**
- ✓ **Health Coaching Programs**
 - Weight Loss
 - Achieving Balance
 - Smoke Free for Life
 - Diabetes Prevention
 - Better Nutrition
 - Personalized Fitness
 - Managing Cholesterol Levels
 - Managing and Preventing High Blood Pressure

You can do more to prevent the progression of chronic disease than you realize.

Don't “hope to get lucky” with your health.

It starts with knowing your health state by taking advantage of this exceptional program offered to you.

Watch for
Health Evaluation
Enrollment Information
at Your Work Site



Prices Can Be Different...Significantly Different

You may save a bundle by using HealtheReports!



MRI—Lumbar Spine Example

Facility A	\$600
Facility B	\$1,000
Facility C	\$1,600
Facility D	\$3,050

More providers added to HealtheReports!

We have had many requests to add more providers to the procedures in HealtheReports. You asked and we listened. We intend to add additional procedures over time. Please login and let us know what procedures you would like to add.

How Do I Begin Using HealtheReports?

1. Go to www.butlerhealthplan.org
2. Select the HealtheReports link under BHP Partners
3. For your UserName, type your Subscriber ID (ZZ____) found on your Allied insurance card.
4. First time users type password **bhp**.
5. Select Login to access HealtheReports.



Can I Cope With One More Change?

If you've just gone through an important change in your life — a divorce, job change, extra stress at work, even a positive change such as a marriage or new baby — consider postponing changes in your diet and exercise habits. Too much change at once can push you into the high-stress zone.

Am I Willing to Be Realistic?

Perhaps the major reason diets fail is the dieter hopes to shed a large amount of weight in a hurry, to get quick results — and a quick end to the diet. If you expect to lose more than one or two pounds a week, you're setting yourself up for failure. And expecting a diet to be a temporary measure rather than a lifelong change in eating and exercise habits is also a surefire way to fail.

How Will Others React?

A supportive and understanding network of family and friends can help you enormously. Do you expect your family to partake of your new low-fat recipes? Talk over your plans with your loved ones. What are their expectations and fears? Do you want them to cheer you on, remind you when you lapse or just leave you alone? Losing weight permanently requires a major life change, not just another diet.

Are You Ready to Lose Weight?

"I'm on a diet." It could almost be the national slogan. With so many people attempting to lose weight, it's amazing how little weight is actually lost and kept off. One of the reasons people find themselves dieting over and over again is they start their efforts without asking one important question: "Am I ready?" To help you find the answer, ask yourself a few more questions.

What's My Motivation?

Think about your reason for wanting to lose weight and decide if it's enough to support a long-range commitment. Are you dieting to get ready for the swimsuit season or because your doctor told you your next heart attack could be fatal? Weight loss that's permanent is more often the result of long-term health consideration.

Do I Have Time and Energy?

Experts say that exercise is an important component of any weight-loss program. Are you willing to make walking, jogging, swimming or an aerobics class a permanent part of your daily life?



Ready for a healthy lifestyle change? Try

www.healthspane-coach.com

Select Join

Complete information and enter

Coupon code: **BHP**

Select Submit



(Note: When you logon for the first time, a nurse coach will e-mail you. If you prefer using the online fitness program on your own, let the coach know. You may use the web site for health information only and use the nurse at any time in the future.)