



"Supporting Healthy Lifestyles"

Bene-Facts

"Your Employee Medical & Dental Resource"

www.butlerhealthplan.org September 2011

"WELLNESS CREDITS" TO PROMOTE HEALTHY LIFESTYLES

As part of Butler Health Plan (BHP) Wellness, we encourage our members to achieve a healthier lifestyle. The goal of BHP is to provide a competitive medical benefit at an affordable cost to over 7,000 employees and their families. We all know that lifestyle choices have consequences and making healthy choices helps employees and the Plan spend less on health care.

This year we are focusing on tobacco use because it is the number one cause of preventable death in the United States. It leads directly to many chronic diseases, including heart disease, cancer, stroke and chronic respiratory disease.

"Getting well is easy. All you have to do is stop doing what is making you sick, and start living new and healthy ways that will heal you." -Richard Schulze

Earn \$150 Toward Your 2012 Medical Deductible

If you (medical plan member) or your spouse (medical plan member) are tobacco-free or commit to becoming tobacco-free, you are eligible to earn the \$150 Wellness Credit toward your 2012 individual medical plan deductible.

As part of the Open Enrollment process, November 7-18, employee members will follow the steps to complete a Tobacco-Free Credit Affidavit Form

online. Members who certify that they have not used tobacco products in the last three months, or have enrolled themselves in a Tobacco Cessation Program, will qualify. The Wellness Credit of \$150 will be applied 1/1/2012 toward the member's 2012 individual medical plan deductible.



I Want to be Tobacco-Free. How Do I Enroll in a Tobacco Cessation Program Before Open Enrollment (November 7-19, 2011)?

The Butler Health Plan encourages our members to achieve a healthier lifestyle. You have available to you a Personal Health Coach at HealthSpan who will help you and your spouse enroll in a Tobacco Cessation Program. Contact Tracey Taylor. She will guide you through the process and help you achieve a wellness program that will free you from your nicotine addiction.

Tracey Taylor, RN, *Personal Health Coach, HealthSpan*

513-551-1437 (800-972-7726 ext 71437)

Mon-Fri 8am-4:30pm

E-mail ttaylor-price@health-partners.org or

Go to www.healthspane-coach.com Code BHP



Remember, tomorrow is what you believe and do today.