

EmployerNews

\$50 Reward for Completing Health Assessment!

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Encourage your employees to start 2017 right by filling out their health assessment on deancare.com/livinghealthy. It only takes about ten minutes, and they get a \$50 gift card for their effort!

And that's just the start. Members can easily earn a total reward value of \$150 for participating in the Living Healthy program. More importantly, participants get a comprehensive summary of their current health status and helpful advice on how to stay healthy.



The Living Healthy program is open to all Dean Health Plan members and their spouses. Adult dependents may also participate in 2017, earning up to \$100 in rewards for completing healthy activities. *

So encourage your employees to sign up online and take advantage of the tools that allow them to track their health progress and earn rewards for doing so. For example, note that you went in for your annual health checkup, and that counts toward your rewards. Same deal for your preventive dental visits. You got your flu vaccine? Excellent. That counts too, as do many other healthy behaviors.

The Living Healthy program also offers many suggestions on how to make lifestyle changes that result in improved health and wellbeing, such as getting more exercise, eating nutritiously and strategies for managing stress. Videos, calculators and other tools are all there at your fingertips to help you stay on track.

Living healthy does pay off—in more ways than one!

*Only Dean Health Plan members, ages 18 and older, are eligible for Living Healthy rewards. However, adult dependents are only eligible for rewards for activities other than the health assessment, due to government regulations effective in 2017.