

**From:** HealthPlus of Michigan [HealthPlus\_of\_Michigan@mail.vresp.com]  
**Sent:** Wednesday, December 03, 2008 8:16 AM  
**To:** ronda.hitchcock@ocsmail.mcc.edu  
**Subject:** HealthPlus HealthLinks - 12 Days of Wellness



December 2008 – Volume 5, Number 12



## HealthQuest HealthLinks

Happy Holidays from HealthPlus of Michigan!

As always, our goal is to bring you free monthly health articles, information on our HealthQuest programs and easy-to-incorporate health tips and recipes related to improving your employees' health. Please take a few minutes to read articles that may help you inspire your employees to create their own path to better health.

Program Planning  
*Twelve Days of  
Wellness  
Campaign Kit  
Available*

HealthPlus has developed this simple, easy-to-use campaign kit for the holidays. [Twelve Days of Wellness](#)

Recipe of the Month  
*Be a Healthy  
Host with the  
Most*

Want to still enjoy the holidays without having to skip out on your favorite dishes? You can! America on the Move and Eating Well has brought you a wealth of recipes – even your





encourages healthy activities through the holidays. All you need to do is pick your program dates and promote to your workforce. This campaign can be implemented with or without

incentives. It can inspire everyone to live healthy this holiday season. Download it today!

holiday favorites! Just with fewer calories and less guilt. [Check it out](#) before your holiday celebration and be a *healthy host with the most!*



HealthQuest Rewards  
*Limited Time*  
*Offer from*  
*Barnes &*  
*Noble.com*

From Dec. 1 through Dec. 19, HealthPlus members receive **an additional 10 percent off** each purchase every time you shop through your Barnes & Noble custom online bookstore – **that's double the standard member discount!**



Now is a great time to shop the Barnes & Noble.com [Holiday Gift Guide](#), featuring thousands of titles at **up to 40 percent off** list price! This is their biggest sale of the year and it's going on right now!

*Plus*, when you spend just \$25 or more on a qualifying order, you will get **Fast & Free Delivery** in the U.S. in 3 business days or less. [See site](#) for complete details.

Article of the Month  
*Check Out These*  
*Toy Safety Tips*  
*Before Shopping*  
*for Holiday Gifts*



The U.S. Consumer Product Safety Commission would like to remind parents and grandparents to be diligent when making holiday shopping choices for the young people in their lives this season. The CPSC has created a list to help shoppers be aware of the potential dangers the holidays and holiday gifts may bring. [Click here](#) for more information.

To see our entire offering of HealthQuest Rewards, [click here](#).

## Promo of the Month

### *"The 12 Ways to Health" Holiday Song*

What better way to bring the spirit of the season to your employees than with a healthy twist! Check out [The 12 Ways to Health](#) Holiday Song from the CDC. Also on the site you can download the song lyrics, send a health e-card and get more information on the health messages.

## Bonus

### *American Heart Association CPR Kits Available*

HealthPlus has partnered with the American Heart Association to make the ["Family & Friends CPR Anytime" Kit](#) available free to our employer groups. This kit is a \$30 value which includes a Mini Anne CPR Learning Mannequin, CPR Skills Practice DVD, CPR Booklet, Practice Phone and more.



This kit is perfect to refresh your workforce on the CPR Lifesaving Skills. Quantities are limited, so if you are interested in receiving a kit, please e-mail [hquest@healthplus.org](mailto:hquest@healthplus.org) today! Please be sure to include your name, company and shipping address.

[HealthPlus of Michigan](#) | 2050 S. Linden Road | Flint, MI 48532 | 800-345-9956, ext. 8189

This e-mail was sent to Ronda at [ronda.hitchcock@mcc.edu](mailto:ronda.hitchcock@mcc.edu).

HealthQuest HealthLinks E-Newsletter is developed by HealthPlus of Michigan's Health & Lifestyle Management Department. The purpose of this e-newsletter is to provide our employer groups and interested parties with relevant wellness information. If you have areas of information that you would like for us to add, please ask. We appreciate your input. If you know someone who would like to be added to our mailing list, please let us know. You can contact us by e-mail at [hquest@healthplus.org](mailto:hquest@healthplus.org).

If you missed last month's issue, [click here](#) to view all our archived e-newsletters.

When we refer to HealthPlus, we, or our, we mean HealthPlus of Michigan, Inc. and its affiliated entities, HealthPlus Partners, Inc., HealthPlus Options, Inc.,

and HealthPlus Insurance Company. We are affiliated entities as defined under the Health Insurance Portability and Accountability Act and related regulations ("HIPAA") and we share information among ourselves as appropriate. When we refer to you, we mean a member, employer, agent, contractor or associate of HealthPlus of Michigan, Inc. and its affiliated entities, HealthPlus Partners, Inc., HealthPlus Options, Inc., and HealthPlus Insurance Company.

HealthPlus maintains a strict non-retaliation procedure to protect employees, members and providers who report compliance problems and concerns. Those who report issues may do so without fear of retaliation or retribution. Those having knowledge regarding questionable compliance practices must either call the HealthPlus Hotline (800-345-9956 #4) or call the HealthPlus Compliance and Privacy/Security Official, Theresa Schurman, at (810) 720-8199. You also can report fraud and abuse by contacting the [Michigan Department of Community Health](#) Program Investigative Section at 1-866-428-0005 or write to them at 400 S. Pine Street, Lansing, Michigan 48909. You may also contact the [Centers for Medicaid & Medicare Services](#) at 1-800-447-8477. Fraud and abuse can be reported anonymously and you will not be penalized for filing a complaint with HealthPlus or the federal or state government.

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

HealthPlus of Michigan  
2050 S. Linden Road  
Flint, Michigan 48532  
US

[Read](#) the VerticalResponse marketing policy.

