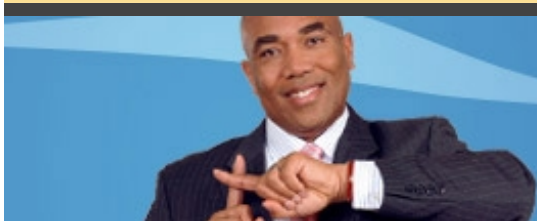


**From:** HealthPlus of Michigan [HealthPlus\_of\_Michigan@mail.vresp.com]  
**Sent:** Wednesday, January 28, 2009 2:12 PM  
**To:** ronda.hitchcock@ocsmail.mcc.edu  
**Subject:** HealthPlus HealthLinks - February 2009



February 2009 – Volume 6, Number 2



## HealthQuest HealthLinks

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

*HealthPlus  
Wellness  
Challenge  
Templates*



Looking for a wellness challenge to implement at your worksite? Look no further! HealthPlus has [Wellness Challenge Templates](#) ready for you to use. This month

### Recipe of the Month

*Strawberry-  
Stuffed French  
Toast*

American Heart Month and Valentine's Day are observed and celebrated in the month of February. Our featured recipe for [Strawberry-Stuffed French Toast](#) is not only heart healthy but can be shared with someone special this Valentine's



we have posted the **Move It**

**Challenge.** This is a six-week physical activity challenge based on increasing your minutes of physical activity. This template includes a variety of promotional materials including a Web site graphic! If you are interested in more customized materials, HealthPlus can help! Call (810) 720-8189 for more details.

HealthQuest Rewards

*EyeMed Vision*

*Care*



EyeMed Vision Care can assist those that do not have vision benefits or it may

provide a discount on the items that may not be included in your vision benefits. Save up to 65 percent on frames, 45 percent on bifocals and 15 percent on contact lenses. For more information about EyeMed Vision Care, [click here](#), then select "H" under discount plan members to find HealthPlus of Michigan.

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

Day!

If this recipe does not meet your taste, you can browse the all new HealthQuest [recipe search](#).

Monthly Employee Newsletter

*February 2009*

February's Impact News will be available for your employees Feb. 1. [Click here](#) after Feb. 1 for more information.



Promo of the Month

*Go Red for Women*



Join the American Heart Association to bring awareness heart disease — the No. 1 killer of women, as well as men — heart disease. The [Go Red for Women](#) movement is a simple and easy way to

Bonus

*HealthPlus invites you to the Go Red Health & Fashion Affair*

Join Genesee Valley Center, HealthPlus and the American Heart Association as we



heart disease. Participate in the National Wear Red Day, Feb. 6 — hang posters, distribute Go Red Newsletters and hand out red dress stickers. Learn about the Go Red Movement and obtain Go Red materials by contacting Lisa Wilson of the [American Heart Association](#) at (248) 936-5808 or [lisa.wilson@heart.org](mailto:lisa.wilson@heart.org).

educate the community about the importance of heart health. In its second year, the **Go Red Health & Fashion Affair** pairs fun and fashion with important messages about heart health. This three hour event is FREE to the public. For more information, [click here](#).



Saturday, Feb. 7, 2009

10 a.m. until 1 p.m.

Genesee Valley Center- Flint, MI

Center Court

[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.

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by contacting the [Department of Community Health Medicaid Integrity Program](#) at 1-866-428-0005 or write to them at [www.michigan.gov/mdch](http://www.michigan.gov/mdch) or 400 S.

Pine Street, Lansing, Michigan 48909; you may 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.

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