



# HealthPlus HealthLinks

As always, our goal is to bring you free monthly health articles and information on our HealthQuest programs as well as 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

### Rate Your Plate Challenge Template is Now Available!



HealthPlus' first wellness challenge template of 2011 is available for you to use with your employees! The Rate Your Plate challenge is a four-week challenge that encourages portion control and balanced meals.

Participants can earn one point for every meal that includes two of the following: a serving of lean protein; a serving of fruits and vegetables; a serving of whole grains. The potential is three points per day. The challenge goal is to earn 60 points by the end of the four weeks.

This template includes a variety of promotional materials such as a tracking form, flyer, poster, and table tents! If you are interested in customized materials, HealthPlus can help! Call 810-720-8189 for more details. [Click here](#) to check it out!

## HealthQuest Perks

### Snap Fitness

Snap Fitness is the fast, convenient, affordable alternative to big-box health clubs, providing members with a high-quality workout experience in a clean, comfortable, non-threatening environment. Snap offer members 24/7 access to all of their 1,200 locations worldwide, allowing members to workout whenever they want, wherever they want. In addition, Snap Fitness members have access to a host of value-added services designed to give members better results and more for their money.



For HealthPlus members, Snap Fitness has put together a very special offer to help members save more on their membership: Join now and get 100 percent off the enrollment fee and 10 percent off the monthly dues. Print and post [this flyer](#) for your employees!

**SPECIAL JOINING OFFER!** When you join online through the co-branded landing page you get a free gift!

Global Access Security Fee is applied to all memberships; must show proof of HealthPlus membership to your local club to receive the discounts; go to [www.snapfitness.com/healthplus](http://www.snapfitness.com/healthplus) for more details!

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

## Recipe of the Month

### Fat Free Fudgy Brownies



Valentine's Day is nearly around the corner. Celebrate this day of love and friendship without overindulging and feeling guilty. Try [this recipe](#) that satisfies the sweet chocolate craving! Check out Fat-Free Fudgy Brownies.



## Monthly Employee Newsletter

### February 2011

The February issue of [Impact News](#) is available. This monthly newsletter offers wellness articles, tips, and a featured recipe. Feel free to print, post, and distribute to your employees

Featured in this month's edition:

- Shaking Out the Salt to Prevent Hypertension
- Fresh Flavors Without the Salt
- Quick Takes: Eating a Healthy Diet
- Recipe: Pasta e Fagioli



February is American Heart Month – Educate Yourself on the New CPR Guidelines



You have the power to save a life in your hands, literally. And since 80 percent of sudden cardiac arrest victims collapse at home, the person you may save is most likely to be someone you love. [This video](#) explains the changes in the new 2010 Guidelines for CPR released on Oct. 18, 2010. For more information, visit [www.heart.org/cpr](http://www.heart.org/cpr).

Bonus

Learn What HealthQuest Wellness Has to Offer Your Employees!

HealthPlus offers our members a variety of online wellness tools to assist them in leading a healthier life. [This video](#) showcases how to complete the HealthQuest Profile (a health risk assessment) and a Healthy Living Program. In addition to these cornerstone tools, check out all the [worksite wellness components](#) we have to offer!



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



HealthQuest HealthLinks E-New sletter is developed by HealthPlus of Michigan's Health & Lifestyle Management Department. The purpose of this e-new sletter is to provide our employer groups and interested parties w ith 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-new sletters.

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