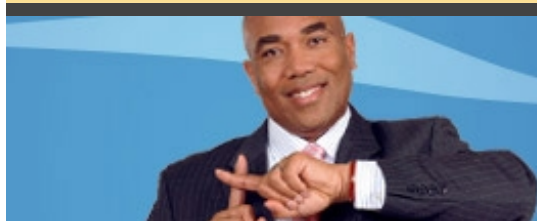


From: HealthPlus of Michigan [HealthPlus_of_Michigan@mail.vresp.com]
Sent: Wednesday, January 07, 2009 4:20 PM
To: ronda.hitchcock@ocsmail.mcc.edu
Subject: HealthPlus HealthLinks - Jan. 2009



January 2009 – Volume 6, Number 1



HealthQuest HealthLinks

Wishing you a Happy & Healthy New Year!

The HealthPlus Health & Lifestyle Management Staff would like to wish you and your employees a **Happy & Healthy New Year!** We are here for your wellness programming needs, so please feel free to contact us by e-mail at hquest@healthplus.org or call (810) 720-8189.



Program Planning

*Introducing
HealthPlus Health
& Wellness Online*

HealthPlus would like to invite you and your employees to check out the new HealthPlus Health & Wellness Online! With HealthPlus, you can take advantage of our year-round program that offers a variety of wellness activities to help your employees feel great, boost energy and learn more about

their health. Some of the features include the HealthQuest Profile, a health risk assessment; online Health Living programs; monthly online seminars; and a Personal Health Record. All this is free to you and your employees — check it out! Visit www.healthplus.org, then the [Health & Wellness tab](#). If you would like a presentation on what HealthPlus' Health & Wellness Online can do for your organization and employees, please call us! We would be happy to meet with you one-on-one to discuss how HealthPlus can help you. Call (810) 720-8189.

HealthQuest Rewards

HealthPlus' Discounts for valued members

Your employees may be contemplating on their New Year's Resolutions, but may need an extra nudge to take action. HealthPlus offers that friendly "nudge" your employees may need — great discounts on the services and products that can help them get healthy this year! HealthQuest Rewards are HealthPlus' discounts to all our valued members. Some of the discounts include:

- Globalfit Healthy Living, which offers discounted gym memberships
- Weight Watchers Meeting Vouchers, WW Online and WW At Home
- Jenny Craig's six-month and one-year programs
- Barnes & Noble.com for the relaxation CD or an exercise DVD

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

Recipe of the Month

Chicken Cilantro Bisque



The weather outside is frightful, so why not whip up a pot of this delectable [Chicken Cilantro Bisque!](#)

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

Promo of the Month
*Encourage a New
Year's
Resolution
send a CDC
health e-card*

Looking for a unique way to encourage your employees to get healthy this New Year? CDC has more than 40 free, electronic greeting cards or Health e-Cards. [Select an e-Card](#) and quickly e-mail a health and safety message to your employees encouraging a New Year's Resolution.



Monthly Employee Newsletter
January 2009

We know it is difficult to get wellness messages out to your employees — that's why we offer this new monthly newsletter, **[Impact News](#)**! All you need to do is e-mail or print to distribute. These monthly newsletters include timely wellness information for your employees. All the work is already done, so you don't have to do it! These newsletters will be included as a regular monthly feature in the HealthQuest HealthLinks.

[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.

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.

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

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