



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 2011 Health Observances Calendar



Wondering which direction to take with your wellness initiatives this year? Use this Health & Wellness Observances Calendar to plan your wellness initiatives. [This calendar](#) provides the 2011 health observances for each month and links to the sponsoring organization for each particular observance.

HealthQuest Perks Weight Watchers' PointsPlus™ Program

Weight Watchers' new [PointsPlus™](#) program is finally here — and it's Weight Watchers' most exciting advancement ever! Science has now proven that the calories that come from the different major nutrients (i.e., protein, fat, carbohydrates, and fiber) are processed in different ways by our bodies. For example, it takes more energy to process protein than carbohydrates. Weight Watchers has taken this into account and developed a new, modern formula for calculating PointsPlus™ values that help lead to smarter food choices. It all adds up to truly exciting news for all your employees who want to establish healthier eating habits and reach their weight loss goals.



Keep in mind, in addition to discounted rates, HealthPlus members can be [reimbursed](#) 50% of their Weight Watchers' fees (up to \$83) after they attend 10 weeks of any plan! There is no limit on the number of reimbursements members can receive. To see our entire offering of HealthQuest Perks, [click here](#).

Recipe of the Month Spicy Bean Salsa



Start your New Year with a [new recipe](#) and good luck! Also known as "cowboy caviar," this twist on traditional salsa is enlivened with black beans, corn, and black-eyed peas. Black-eyed peas and other legumes have been considered good luck in many cultures.

Monthly Employee Newsletter January 2011

The first Impact News issue of 2011 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:

- Benefits of Downtime
- QuickTakes: Your Work-Life Balance
- Finding Balance in Your Kitchen
- Recipe: Potato Minestrone



Promo of the Month What HealthQuest Workplace Wellness Can Do For You



Whether your company is small or large, HealthPlus can help you get a wellness program started for your employees. You may choose one of our three wellness program models or you may choose to use our wellness program components as you see fit. Check out all of our [offerings](#) and call us today!

Bonus

Make it YOUR Business to Fight the Flu This Season

As flu season is quickly approaching, businesses are reminded to take steps to keep employees from getting sick with the flu. As a business, it is important to have employee sick policies, cleaning policies, and helpful resources for proper hand washing and cough etiquette available. [Click here](#) to see frequently asked questions for business planning for flu season. Also available are free "Cover Your Cough" posters. [Click here](#) for yours!



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This e-mail was sent to Ronda at 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.

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

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