

From: HealthPlus of Michigan [HealthPlus_of_Michigan@mail.vresp.com]

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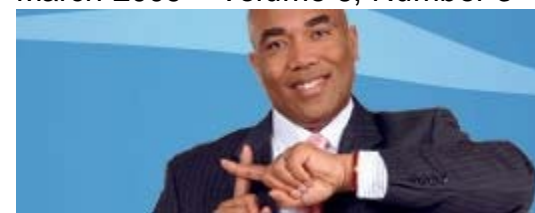
To: ronda.hitchcock@ocsmail.mcc.edu

Subject: HealthPlus Mar. '09 HealthLinks - Well Workplace Checklist



The Plus makes all the difference.

March 2009 – Volume 6, Number 3



HealthQuest He

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

Program Planning

Well Workplace Checklist



Whether your organization is looking to start a wellness program or already has a wellness program in place, this [Well Workplace Checklist](#) will help you determine how your organization is doing with respect to worksite wellness. This interactive assessment should take about 20 minutes to complete and will provide a detailed summary report.

HealthQuest Rewards

GlobalFit – The Source for a Better You



Shape up with GlobalFit's affordable gym memberships. Use code NNM0309 to start a Lifestyle Membership for FREE or save \$29.00 on Commit or Non-commit Membership. Some restrictions apply; visit

Recipe of the Month

Sunny Fruit Salad



Many Michiganders are looking forward to a spring day in the near future. The first day of spring is around the corner on Friday, March 20. What a great day to celebrate the coming of the spring season with a *Sunny Fruit Salad*. This [recipe](#) is quick enough to whip up and share it with the family for dinner.

If this recipe does not meet your taste, you can search our [HealthQuest recipe](#) search.

Monthly Employee Newsletter

March 2009

<http://www.globalfit.com/hphq> or call 1-800-294-1500 for details.

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



Starting March 1, the [Impact News](#) will be available. This monthly newsletter is an easy way to disseminate wellness information to your employees. Share it with them today!

Bonus

Financial Wellness



The struggling American economy cannot go on. The effects of the financial slump permeate America's telecommuting workforce. The economic downturn is one of the reasons why financial wellness is now emerging as a major priority in the U.S. by employers. The Councils of America presents important information for employers. If your worksites meet the looming financial crisis for your employees, [Click here](#) for more information.

Promo of the Month

Save Money, Save Lives, Go Smoke Free



Right now is an opportune time to detail a plan to move your workplace smoke free. In fact, not only is it good for your workers' health – it's good for your bottom line. The Centers for Disease Control and Prevention have developed this detailed document of how and why going smoke free is a good business practice. [Click here](#) for more details.

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This e-mail was sent to **Ronda** at ronda.hitchcock@mcc.edu.



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

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

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