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To: ronda.hitchcock@ocsmail.mcc.edu
Subject: HealthPlus HealthLinks - Be Active, Healthy & Happy



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HealthQuest HealthLinks

Welcome to this month's issue of our HealthQuest HealthLinks E-Newsletter, a monthly publication distributed by HealthPlus of Michigan.

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

*2009 National
Health
Observances
Calendar*

Coordinating your worksite wellness activities with the National Health Observances Calendar may be worthwhile. This calendar can give you

Recipe of the Month

Pumpkin Pie

Thanksgiving is right around the corner and what would it be without pumpkin pie!? Check out this [Weight Watchers pumpkin pie recipe](#) for a little lighter fare with the same great



campaign ideas to improve your employees' health. Plus, it contains some valuable resources for more program planning ideas. [Check it out!](#)

HealthQuest Rewards

Barnes & Noble.com Sale

HealthPlus of Michigan members who shop through [Barnes & Noble.com](#) can take advantage of great savings through the Barnes & Noble.com



40 DAYS AT 40% OFF SALE ¹.

Save on hundreds of select DVDs and CDs at 40% off! Choose from classic movies like *Doctor Zhivago* and *My Fair Lady* or recent TV favorites like *Sex and the City Complete Series*. Whet your musical appetite with music by artists like the *Beach Boys*, *Faith Hill* and *Diana Krall*, or enjoy soundtracks from *The Jersey Boys*, *Hannah Montana* and more!

Plus, when you spend just \$25 or more on a qualifying order, you will get **Fast & Free Delivery** in the U.S. in 3 business days or less. *See site for complete details.*

¹ Note: This offer is only valid for DVDs and CDs specially marked with the "40 Days 40% Off" sale icon.

Discounts are based on a markdown from the established list price. Sale begins September 30 and ends

November 11, 2008 at 2:59 a.m. ET while supplies last.

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

taste!

Article of the Month

*Be Active,
Healthy &
Happy*

The [2008 Physical Activity Guidelines for Americans](#) provides specific recommendations about the types and amounts of physical activity you need on a regular basis and how hard you need to work to gain substantial health benefits. [CDC](#), a key partner in developing and writing the guidelines, has re-designed and updated the [Physical Activity for Everyone](#) Web site. Here, you'll find examples and tools to help you better understand how much activity you need to do on a regular basis, how to begin a sensible routine and how to be active your way by finding activities you enjoy and that fit into your lifestyle.

Not only can being active reduce your risk of many long-term health conditions, such as heart disease and diabetes, but it can also increase your chances of living longer, help you control your weight, improve the way you feel, and even help you sleep better.

The main messages of the Guidelines are:

- Regular activity reduces risk of many adverse health

Promo of the Month

Help your employees with their financial uncertainty & money worries

News of crashing stock prices, tightening credit and diminishing retirement account values is taking its toll on employees — financially and emotionally. They need resources to help manage the uncertainty around them and you need to make sure they stay productive through it all.

Free access to LifeWorks Online

Ceridian, a HealthPlus of Michigan partner, is offering free access to their employee assistance program Web site, LifeWorks Online, **now through Dec. 31**. Your employees can find *financial, work and emotional well-being* topics to help them deal with a number of challenges. The site can be accessed with the following information:

[LifeWorks Online](#)

outcomes.

- For all individuals, some activity is better than none, but more is better.
- Added health benefits generally occur as the amount of activity increases.
- Physical activity is safe for almost everyone. The health benefits of physical activity far outweigh the risks.

Bonus Article

Protect yourself & your family this season

The flu and cold season is approaching. The single most effective way to prevent the spread of illness is washing your hands! Hand washing takes less than 40 seconds



and could save you and your employees many sick days. If soap and water is unavailable, antibacterial hand gel works well too. To bring the message home, [check out the "Fifth Guy Campaign"](#) public service announcement promoted by the Michigan Department of Community Health. 1 in 5 people do not wash their hands. Are you the fifth guy?

- User ID: Ceridian
- Password: financial

Free series of moderated Web chats

LifeWorks is also featuring a series of weekly Web chats on financial topics with Melanie Hardie. She is an experienced LifeWorks expert and a Certified Financial Planner, an Accredited Financial Counselor and a Licensed Alcohol and Drug Counselor.

The dates and times are as follows:

- Oct. 23, 2–3 p.m. EST, **Managing Your Money**
- Oct. 30, 2–3 p.m. EST, **Housing Market**
- Nov. 6, 2–3 p.m. EST, **Debt Management**
- Nov. 20, 2–3 p.m. EST, **Managing Your Money**

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This e-mail was sent to Ronda a valued customer 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 would prefer to be removed from this mailing list, or 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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