Program Planning

The "Maintain Don't Gain" Challenge Template Available

Once again, HealthPlus offers you a FREE wellness challenge template for your employees! This month we have posted the Maintain Don't Gain Challenge. This six-week challenge focuses on maintaining weight during the holidays. During the Challenge, employees can earn points by practicing healthy habits that support healthy living and weight management.

This template includes a variety of promotional materials, including a Web site graphic! If you are interested in more customized materials, HealthPlus can help! Call 810-720-8189 for more details.

Recipe of the Month

Apple Date Muffins

Muffins October is the beginning of the Michigan apple harvest season. Cider mills and apple orchards will be bustling with patrons.

Here is a recipe to use those nutrient rich apples — Apple Date Muffins. These muffins can be enjoyed anytime — for breakfast or an afternoon snack.

HealthQuest Rewards

Weight Watchers Reimbursement Program

Weight Watchers The fall season and back to school time are popular times to focus on eating healthy and managing your weight. HealthPlus is here to help by providing not only a discount to Weight Watchers, but also a 50% reimbursement if you attend ten weeks of a Weight Watchers session. Since April 2008, we have reimbursed over 700 HealthPlus members half their Weight Watchers membership fees! In fact, 68% of members reimbursed in 2008 stated this reimbursement was a deciding factor in joining Weight Watchers. There is no better time to join! For more information, check out our Weight Watchers Web site or call 1-800-345-9956, ext. 1943.

To see our entire offering of HealthQuest Rewards, click here.

Promo of the Month

HealthPlus Walks the Talk – HealthQuest Employee Wellness Program

HealthPlus is committed to offering health management services of the highest value. When talking wellness programs, many ask, "What does HealthPlus offer its own employees?" We are happy to say before we suggest any workplace wellness program to our employers, we test them on our own HealthPlus workforce through our HealthQuest Employee Wellness Program. That's right — we practice what we preach! We strongly believe that encouraging healthful habits represents the opportunity to improve our employees' wellbeing, reduce the need for health care services and help control costs. Check out what our HealthQuest Employee Wellness Program is all about!
Latest Flu Season Updates

HealthPlus wants to keep you up to date with the latest flu news this season. Check out this link for a message from HealthPlus Vice President and Chief Medical Officer Richard Frank, MD, MHSA regarding the 2009-2010 flu season and to find flu clinics, CDC links, H1N1 news, flu posters, and more! Add this link to your Favorites list.

This e-mail was sent to Alesha at akeelean@healthplus.org.

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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To report a questionable compliance practice, call the HealthPlus Hotline (800-345-9956 #4 – can be anonymous), or call or write the HealthPlus Compliance and Privacy/Safety Official, Theresa Schurman, 810-720-8199; 2050 S. Linden Road, Flint, Michigan 48532. For Medicaid, MIChild, or County Health Plan fraud, waste, and abuse, you may contact the Department of Community Health Medicaid Integrity Program at 1-866-428-0005 or write to them at www.michigan.gov/mdch or 400 S. Pine Street, Lansing, Michigan 48909; or you may contact the Office of Inspector General (OIG) of Health and Human Services at 1-800-222-8558. For Medicare or Medicare Part D, you may contact the Office of Inspector General (OIG) of Health and Human Services at 1-800-447-8477, or (for Medicare) the Medicare Recovery Audit Contractor (RAC) and for Medicare Part D, you may contact the Medicare Part D Medicare Drug Integrity Contractor (MEDIC) – (Contact Compliance & Privacy/Safety Official or the CMS website for current address/contact information). Reporting may also be made to all applicable law enforcement agencies. Fraud, waste, and abuse can be reported anonymously, and you will not be penalized for filing a complaint with HealthPlus or the federal or state government.

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