

HealthPlus of Michigan
October 2009 – Volume 6, Number 10
HealthPlus of Michigan

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

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.

[Maintain Don't Gain](#)

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.

HealthQuest Rewards

Weight Watchers Reimbursement Program

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 HealthQuest](#) 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!](#)

Recipe of the Month

Apple Date 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.

Monthly Employee Newsletter

October 2009

[Impact News](#) The October edition of [Impact News](#) is now available. This monthly newsletter offers wellness articles, tips and a featured recipe. Feel free to print, post and distribute this newsletter to your employees.

Bonus

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.

[HealthPlus of Michigan](#) | 2050 S. Linden Road | Flint, MI 48532 | 800-345-9956, ext. 8189

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

[AHA Start! Fit Friendly Company 2008 Gold Achievement](#) 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.

When we refer to HealthPlus, we, or our, we mean HealthPlus of Michigan, Inc. and its affiliated entities, HealthPlus Partners, Inc., HealthPlus Options, Inc., and HealthPlus Insurance Company. We are affiliated entities as defined under the Health Insurance Portability and Accountability Act and related regulations ("HIPAA") and we share information among ourselves as appropriate. When we refer to you, we mean a member, employer, agent, contractor or associate of HealthPlus of Michigan, Inc. and its affiliated entities, HealthPlus Partners, Inc., HealthPlus Options, Inc., and HealthPlus Insurance Company.

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/Security 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/Security 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.

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

HealthPlus of Michigan
2050 S. Linden Road
Flint, Michigan 48532

[Read](#) the VerticalResponse marketing policy.

[Try Email Marketing with VerticalResponse!](#)