



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

Benchmark #3 – Collecting Data to Drive Health Efforts



The WELCOA's third benchmark of creating a results-oriented workplace

wellness program is collecting data to drive health efforts. An effective wellness team's first job is to gather important data from their organization. This data is extremely important because it will reveal the specific areas of health needs and interest on which to focus their programming. [Click here](#) to read more about WELCOA's seven benchmarks to strengthen your workplace wellness program!

HealthQuest Perks

Get a Discount at Snap Fitness!

Get a fast, convenient and affordable workout with Snap Fitness! Just minutes from home and packed with the industry's best exercise equipment, Snap Fitness gives members a quality workout experience in a clean, comfortable environment. They offer no long-term contracts, 24/7 access to any of their 1,100 locations worldwide and free value-added services to help you get the workouts—and results—you want! Plus, HealthPlus members receive FREE ENROLLMENT (a \$149 value) plus 10 percent off your monthly dues!



Visit www.snapfitness.com/healthplus to join now and see all of the ways Snap Fitness gives you better results, and more for your money.

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

Recipe of the Month

Pumpkin Bars



During October, pumpkins are abundant! These healthy multi-use vegetables are low in calories, yet high in fiber, Vitamin A, Vitamin C, protein, and potassium. Don't forget to pick up some pumpkins from your local

farmer's market or grocer to use in delicious and healthy dishes! [Try this tasty recipe](#) for your next autumn dessert.

Monthly Employee Newsletter

October 2010

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

Featured in this month's edition:

- How to Get a Good Night's Sleep
- Recipe: Overnight Oatmeal



Promo of the Month

Commit 2 B Fit: Focus on Family Fitness

HealthPlus members are invited to a health and wellness seminar featuring Pete Thomas from the Biggest Loser™ Season 2. The goal of the seminar is to encourage HealthPlus families, young and old, to get fit for themselves and their loved ones. Space is limited so pre-registration is required. [Click here](#) for a flyer to print and promote the event in your organization!

Bonus

FDA Takes Action against Electronic Cigarette Companies

On Sept. 9, the U.S. Food and Drug Administration (FDA) sent five electronic cigarette companies and the Electronic Cigarette Association warning letters claiming they violated aspects of the Federal Food, Drug and Cosmetic Act. The FDA cited false health claims, apparent use of non-approved prescription drugs in products and manufacturing violations in its letters. The companies had until the end of September to respond to the FDA with corrective actions. [Click here](#) to learn more.

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This e-mail was sent to Mark at mark.kennedy@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 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-new sletters.

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