



Wellness Works

Our **Wellness Works Today** newsletter deals with different timely health topics and includes some fun facts for the whole family. It is e-mailed as a PDF or Word document so you can attach it in an e-mail or to a Web site.

Our **Wellness Works monthly e-mail** is an educational piece focusing on a health topic that we e-mail nine times a year. All you have to do is forward it on to your employees! It is also available as a PDF.

Online educational resources are available on our Web site anytime you need them. All of our educational flyers (over 65 PDFs) are at fchp.org/employers/resources for you to print or download.

The **Personal Wellness Profile™**, **Walk Across America**, **Quit To Win** and **Calling It Quits** kits are also available on the Web site. These kits give you all the information you need to set up the programs at your worksite.

- The **Personal Wellness Profile™** is a confidential questionnaire that provides a wellness-based health assessment of your employees. If 50 or more employees complete a profile, we'll provide an aggregate report for you. The report gives you a look at general health concerns and lifestyle indicators for your employee population, and can give you insight into lowering your company's health care costs. The kit includes samples of letters and e-mails, and offers ideas to help you roll out this useful tool.
- **Walk Across America** is a great program for promoting one of the healthiest habits there is—walking. Your employees who wish to participate can walk on their own or with colleagues during lunchtime or work breaks, and even at home. With our Wellness Works Walk Across America kit, you'll get information about how to set up a program, walking logs, tracking forms, a map and many other ideas, giving you everything you need to get a walking program started at your business.
- With **Quit to Win**, FCHP's tobacco treatment program, we'll give your employees all the information, help and support they need to be successful quitters. If at least 10 people want to join, we'll help you set up weekly group sessions right at your location. The cost for 10 group sessions is \$1000. Nicotine patches and gum are available at a discounted rate.
- For those employees who would like to quit smoking but prefer a telephone counseling program rather than a group class, our **Calling It Quits** program could be for them. It's open to all of your employees, regardless of their health insurance. The program consists of 10 telephone counseling sessions, facilitated by a professional Quit Coach. The cost is \$150 per person for any non-FCHP employee. All FCHP members are free. Nicotine patches and gum are available to everyone at reduced rates. There is no minimum number of employees needed.

Healthwise® Knowledgebase is an online Web tool that's available for free at fchp.org. There are over 3,400 articles on various health conditions, medical tests and procedures, medicines, and everyday health and wellness issues. There is even a drug interaction checker along with other interactive tools. Healthwise® Knowledgebase is where to go for the answers.

Nurse Connect gives members free 24/7 access to nurses by phone. Nurse Connect is staffed by registered nurses who serve as health coaches. They can provide personal education and support, educational materials relevant to a diagnosis or condition, information to help members make healthy decisions, and assistance with finding health information online.

Weight Watchers® at Work helps you to set up a Weight Watchers program at your worksite. FCHP members can receive their free Weight Watchers coupons through It Fits! by calling FCHP Customer Service. Non-FCHP members, or those without coupons, just pay Weight Watchers at the first meeting.

Speaker programs and **health screenings** are also available. We offer a variety of topics and can provide services both in and out of state. Fees vary; please call for scheduling and pricing.

Weight Watchers® is a registered trademark of Weight Watchers International, Inc.

**For more information,
call your FCHP account manager at
1-800-333-2535 (TTY users, please call TRS Relay 711.)
or visit fchp.org.**

More benefits. More services. More you.

