

Wellness Works



Our **Wellness Works Today** newsletter deals with different timely health topics and includes some fun facts for the whole family. A PDF or Word document is also available for those companies who will attach the newsletter to an e-mail or a Web site.

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 if that format is preferred.

Healthwise® Knowledgebase is an online Web tool that's available free of charge on our home page at fchp.org. With over 3,400 articles on various health conditions, medical tests and procedures, medicines, interactive tools, a drug interaction checker, and everyday health and wellness issues, Healthwise® Knowledgebase is where to go for the answers.

Nurse Connect gives members free 24/7 access to nurses and other health care professionals by phone. Nurse Connect is staffed by registered nurses and other health care professionals 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.

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. And, if you'd like some help introducing the PWP to your employees, we now have a CD containing samples of letters, e-mail and ideas to help you roll out this useful tool.

Walk Across America is a great program for promoting healthy habits and behaviors for your employees. Participants can walk on their own or with colleagues during lunchtime or work breaks, and even at home. With our **Wellness Works Walk Across America** CD, we'll provide you with walking logs, tracking forms, a map and many other ideas—giving you everything you need to get a walking program started at your business.

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, and non-FCHP members or those without coupons just pay Weight Watchers® at the first meeting.

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. Nicotine patches and gum are available at a discounted rate.

Our **Calling It Quits** program is 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.

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.

For more information, call your FCHP account manager at 1-800-333-2535 (TDD/TTY: 1-877-608-7677) or visit fchp.org.

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More benefits. More services. More you.
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