



WELLNESS REWARDS = WELLNESS REALIZED

HealthWise 2008 is here and focused on health and wellness results that make a difference in your life! This program provides you with tools and information to positively impact your health, fitness and overall well-being.

By participating in HealthWise 2008, you can earn valuable rewards that provide an added incentive to keep on the track of a healthy lifestyle. From gift cards to an additional \$20 per month health credit in 2009, participation in HealthWise will put money in your pocket and infuse energy into your lifestyle!

"You have to be ready for change. When I was, the HealthWise program provided me with the resources and support I needed to make healthy choices that have changed my life."

Leah Schneider

"The HealthWise/Shape program has given me the motivation to eat healthier and exercise regularly. It was great to have access to an on-site nutritionist."

Sharon Swentkofske



CHOOSE YOUR PATH TO WELLNESS AND REWARDS

To kickoff HealthWise 2008, participants complete a health risk assessment and biometric testing and are automatically rewarded with a \$20 gift card. Participants then meet with a health coach to review their results and set a personal goal for 2008.

To earn the year-end incentive, you will complete one of three programs to help you achieve your health and wellness goals.

Option 1: Worksite program

Option 2: Worksite program and lab program

Option 3: Worksite program and Lifestyle management programs

Each of the approaches will be outlined in detail in one-on-one meetings with a health coach.

To earn the year-end incentive, you are required to complete the health risk assessment and biometric testing.



WORKSITE PROGRAM

To complete the Worksite Program, you must complete a combination of 9 activities and seminars (maximum of 5 seminars).

ACTIVITIES

- 1. Spring into Motion
- 2. Weight 4 Me
- 3. Turkey Trot
- 4. Colorful Choices
- 5. Preventive Care
- 6. Lifestyle (one punch for any of these four)
 - Fitness Club Program • Weight Management • Smoking Cessation • My Health Manager

SEMINARS

- 1. Innovate or Stagnate: the cutting edge of change
- 2. Impulse Eating
- 3. Cultivating Healthy Sleep Habits
- 4. Stress Self Defense – Tai Chi and More
- 5. Coping With a Chronic Condition
- 6. Negotiating to Yes (USL University)
- 7. Learning to be effective the Covey Way (USL University)
- 8. Financial Planning Seminar (maximum of 1)

Terms and Conditions:

Eligibility dates are January, 2008 through December, 2008. All participants must be employees of Upsher-Smith Laboratories at the time of award determination. You must complete the health risk assessment and a combination of 9 activities and seminars to receive the Year-End Award. Upsher-Smith Laboratories has the right to modify program rules at any time. All decisions by Upsher-Smith Laboratories management will be final.

HealthWise 2008

Making Wellness a Way of Life