



4 Your Benefit!

WEEKLY UPDATES FROM THE OFFICE OF ISU HR—STAFF BENEFITS

Issue 3
September 2009

- Weekly Special Points of Interest :**
- Free Health Screenings & Win Free Money!
 - Increase Your Longevity



Win Cash and Get a Check-up!

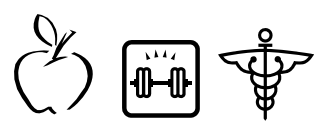
Have you had your annual health screening? Express Health is offering a FREE yearly check-up! There's no deductible to meet, no out of pocket expense and you don't have to miss work to do it. You will learn your numbers for:

4 Things you should know:

1. You will learn your numbers for: Total Cholesterol, HDL (good) Cholesterol, Glucose, Blood Pressure, Height, Weight, and Body Mass Index.
2. All employees, spouses and same sex domestic partners that have the screenings will have their name entered into a drawing for a chance to win a Visa Gift Card.
3. If you have already completed a screening in the 2009 calendar year your name will automatically be entered twice into the gift card drawing. These participants do not need to attend an orientation meeting or sign up for another screening.
4. Spectrum Health Systems is giving away one (1) \$500 Visa Gift Card and five (5) \$100 Visa Gift Cards to some lucky participants.

If you have any questions or to schedule your health screening appointment please contact Whitney Davidson Toll Free at - 888.573.1568 or Direct at - 317-663-4479 or Email: whitney.davidson@spectrumhs.com

Employee Wellness and You!



4 DAILY Habits to Increase Longevity:

1. **Climb the stairs instead of using elevators.**
The health benefits of a daily exercise program cannot be stressed enough. Regular exercise can help promote physiological well-being, strengthen the immune system, maintain joint mobility, increase energy - and the list goes on.
2. **Laugh it up!**
We know from research that laughter and joy boost immune functions,

especially the production of the natural killer cells that help protect the body from illness and cancer. Laughter also increases the release of endorphins, compounds that give you a sense of well-being, in your brain. Without a doubt, joyful people live longer and healthier lives.

3. **Drink water every day.**
Water is essential for all healthy body functions. Centenarians from around the globe cite their native water as the source of their health and longevity - and the scientists agree with them. What they all have in common is pure water sources located far from any city, free from chemicals and toxins.

4. **Unwind with meditation.**
Stress is the root cause of most of the diseases that shorten our life span. In our modern society stress will continue to increase - unless you find techniques to manage it. Meditation is the best way to release tension and revitalize your being. It teaches you to breathe properly, which is critical for eliminating up to 70% of your body's toxins and wastes.