

December 3, 2012

## December: Important Wellness Information

- **Friday, December 7**, is the deadline for associates enrolled in health care to [sign up for the new Wellness Healthcare Premium Credits](#) (for biometric screenings and/or annual physicals) to be included in your January 2013 pay.
- **Mid - December**, watch your home mailbox for a wellness mailing containing information to help you develop healthy behaviors in the new year, including:
  - 2013 Healthy Habits calendar – *see sidebar for recipe review*
  - Preventive Care Guide for information on what is covered at 100%
  - Wellness Resource Guide
- **By End of December**, have a plan on how to get 30 min of exercise 3 times a week in at least 10 minute increments

Go to [AGBenefits](#) for more information about wellness at American Greetings. We look forward to hearing from associates across the Company about ideas, comments, suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. Email us at [AGlivewell@livehealthier.com](mailto:AGlivewell@livehealthier.com).



### Recipe contest

Try any of the recipes in the 2013 Healthy Habits calendar and send your review and recommendation to [AGLiveWell@livehealthier.com](mailto:AGLiveWell@livehealthier.com) by January 31, 2013.

All those who enter will earn either a \$25 deposit into their Health Savings Account or a Live Well ear warmer or baseball hat.