

LIVE WELL

Wellness Coaching

biometric screenings

DISCOUNT

for your health insurance



LIVE WELL



AMERICAN GREETINGS

To win at health and cash take the Health Risk Assessment by November 11, 2011. Get up to \$210 in premium credit and a chance to win \$500 or \$250.

Complete the online Health Risk Assessment (HRA) to earn a \$150 credit for you (and an additional \$60 for your spouse) toward your monthly medical plan premium contributions. Complete the HRA and receive a personalized report that will help you understand your health and provide suggestions to improve it. Results are confidential and do not affect your plan choices or premiums.



New Cash Raffle! Associates who take the HRA have a chance to win a \$500 cash prize (\$250 for spouse participation) as long as your American Greetings location has at least a 75% HRA participation. There will be at least one associate and one associate winner for spouse participation at each eligible location. So be sure to participate—and get your fellow associates to participate as well—to win at health and to potentially win some cash!



Free Wellness Coaching - Sign up to work with a free, confidential Wellness Coach to help set health goals and achieve them. Earn a \$25 gift card or \$100 deposit to your Health Savings Account for trying one of seven available wellness coaching programs.



Go to AGBenefits through imAGine or from any computer at www.americangreetingsbenefits.com. To access the HRA click the Wellness tab at the top of the page, then click on the Health Risk Assessment link. To read more about the Wellness Coaching, click the Wellness tab at the top of the page, then click on the Wellness Coaching link.



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