

A Benefit Reminder for Utah State University Employees--

Take Advantage of Our Wellness and Healthcare Help Programs!!!

One of **USU's** employee benefits is a Healthcare Help service and Wellness program from Health Advocate, Inc. Please take a moment to review the following information about these valuable services:

❖ **WELLNESS Program – It's easy to get and stay healthy**

To get started just click here: www.healthadvocate.com/members and register for your personal wellness program—

- **Health Risk Assessment** – In about 15 minutes, you can find out your risks for up to 13 major conditions, and learn how to take simple steps to reduce your risk.
- **Personal Health Coach** – Whatever your health goal, it's easier when you have a real person to support and guide you in your efforts. You'll receive private one-on-one positive reinforcement from a coach who stays with you every step of the way!
- **And More....** check out the website at:
www.healthadvocate.com/members

❖ **HEALTH CARE HELP – Just Call Health Advocate**

- Finding a doctor or other healthcare provider
- Arranging support for an elderly parent
- Untangling an insurance claim or bill
- And lots more... all just a phone call away at:
[1-866-695-8622](tel:1-866-695-8622) (toll free)