Move Your Life in a Healthy Direction and realize the rewards!

Introducing the Healthy Directions Wellness Program

Central State University cares about your health and wants to provide you with resources to help you live better both inside and outside of work. That’s why we’re launching a new voluntary wellness program for all benefits-eligible employees called Healthy Directions.

To get our new wellness program off to an exciting start, we will be offering:

**30% premium discount on your Central State University monthly healthcare premium** simply for having your annual preventive physical with a primary care physician, completing a lab-test blood draw, signing a tobacco status affidavit and completing a health risk assessment.

You will soon receive your Healthy Directions Wellness Program packet. This packet contains complete instructions and the forms needed to help you get started with Healthy Directions.

Questions?
Email: healthydirectionspcp@trihealth.com or
Call: 513 977 2170

Action Steps for Participation

- Have an annual preventive physical with your primary care physician
- Complete a standard lab-test blood draw that identifies biometric measures such as your cholesterol, glucose and triglyceride levels
- Sign a tobacco status affidavit
- Complete your health risk assessment, found at www.myuhc.com. Earn $75 in gift cards for completion.
- Receive a discount on your Central State University healthcare premium beginning January 2016.

Enrollment Deadline
Participants in the TriHealth Healthy Directions Wellness Program must complete the necessary steps by November 1, 2015.