



# GO OUTSIDE!

## EHP Wellness Initiative Members:

Enjoy the outdoors  
and earn fitness center visits  
toward the \$100 incentive

Between April 1<sup>st</sup> and November 1<sup>st</sup> 2009

- Swipe in at the Fitness Center
- Go for a walk outside
- Earn visits toward your \$100 incentive

## ENJOY THE WALKING TRACK BEHIND THE HOSPITAL - A SCENIC PLACE FOR A MIDDAY GETAWAY

You can still sign up for the incentive program and have the CCHS Employee Health Plan pay for your Fitness Center membership.

Incentive program: Visit the Fitness Center 10 or more times a month for 10 out of 12 months and earn \$100 with your annual EHP paid membership

If you are currently a Fitness Center member, but not enrolled in the incentive program, simply complete an application - available in the Fitness Center or online.

Completed form **must be mailed to Meg Leneghan in the Fitness Center** – *NOT the address printed on the form*. Form must be filled out completely: form requires your ID number from your Antares medical insurance card (the number begins with “EHP”).

Not a member? Stop down in the Fitness Center to register any Monday, Wednesday or Friday between 7am - 7pm...it takes less than 15 minutes!  
If you have any questions or to make an appointment call 24967 or 27284.

Go outside and get some fresh air!