



It's Not Too Late

Haven't had a chance to participate in the wellness program?
It's never too late for your health!

The hustle of life can get in the way of our best intentions. Luckily, there's still time to get involved in Healthy Directions Worksite wellness program this year and earn a \$75 Visa Gift Card.

Here are a few ideas:

- » Take the Member Health Assessment (MHA) online questionnaire
- » Schedule your Biometric Screening during the month of July or see your personal physician
- » Meet the Preventive Care requirements for your age and gender
- » Take part in an educational Online Course
- » Join an Employer Challenge coming in September and October

Have questions about the program?

Call 888-VIVERAE (848-3723) to speak to a Viverae Health Professional or log on to www.myviverae.com for more information. Get involved today!