

EAT well

MOVE more

A Health Tradition group member benefit that **rewards you twice!**



Better health, and a rebate

Health Tradition supports your healthy lifestyle with rebates for good nutrition, fitness, managing your weight and even learning how to manage stress in your life—some of the steps toward a lifetime of good health. This rebate is our way of cheering you on.

The educational component for 2016

The learning element for this year's rebate is a Health Tradition wellness benefit provided by Mayo Clinic. It's the Mayo Clinic Health Assessment, a great health management tool available online. Login at HealthTradition.com/HLO.

This health assessment helps you identify your health risks and create an action plan to get you on track.

Get started now

Browse through the rebate options. Then, send us the receipt(s) (up to \$200 per primary member household) and take the health assessment.

There's more

Eat Well Move More is just one of the great benefits of Health Tradition membership as part of an employee group. Make sure you take advantage of them—visit HealthTradition.com or call 1-877-458-4873 for information.



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MOVE more

Get rewarded with up to

\$200

HealthTradition
WITH MAYO CLINIC HEALTH SYSTEM



EATwell MOVEmore
2016 program details inside!

Reward yourself with rebates for better health

PO Box 188, La Crosse, WI 54602-0188

HealthTradition
WITH MAYO CLINIC HEALTH SYSTEM

REBATE OPTIONS: YOU CHOOSE!

Eat Well Move More rewards Health Tradition Health Plan members for **making excellent lifestyle choices**

As part of Health Tradition Health Plan, employer group member households can receive the Eat Well Move More rebate on a produce share from Community Supported Agriculture (CSA) farms, fees for fitness center memberships, lifestyle and weight management programs such as A New Me and Weight Watchers® and a health-focused camp for kids. **Up to \$200 total rebate per primary member household!**

COMPLETE THIS YEAR'S EDUCATIONAL REQUIREMENT:

Take the Mayo Clinic Health Assessment online

This useful tool connects your health information—like blood pressure and cholesterol numbers—with things you do every day.

The health assessment creates a picture of your health risks and helps you introduce healthy changes. To make it even more useful, bring both the health assessment and your results into your conversations with your primary care provider.

To qualify for this year's rebate:

Take the Mayo Clinic Health Assessment using the link at HealthTradition.com/HLO, make the healthy investments of your choice and send in your rebate form with receipts. Simple.

THE TASTY OPTION:

The Eat Well rebate gives you money back on CSA fresh produce **(\$100)***



With Community Supported Agriculture (CSA), you purchase a share in a farm. In return, you pick up regular deliveries of fresh produce throughout the growing season (typically late May to November) at one of the convenient drop sites in your community. You eat better, fresher, healthier food and farmers have a vested market for their produce. And, for participating, you get up to a \$100 rebate on your CSA investment.

To earn your rebate:

- » Browse the list of CSAs on HealthTradition.com/members/EWMM, buy a share and get reimbursed for it (up to \$100)
- » Fill out the rebate submission form and attach proof of your CSA payment
- » Complete the Mayo Clinic Health Assessment

THE HEALTHY EATING OPTION:

Weight Watchers® meetings or online membership also count for your Eat Well rebate! **(\$100)***

At Weight Watchers® meetings, members find out the latest information on eating right and healthy living and are provided with guidance and support needed to succeed and stay on track. The weekly meetings include confidential weigh-ins. Both traditional memberships (including At Work) and online memberships are eligible for the rebate.

To earn your rebate:

- » Join WeightWatchers® (WeightWatchers.com)
- » Fill out the rebate submission form and attach a receipt for your WeightWatchers® membership fee
- » Complete the Mayo Clinic Health Assessment

THE KIDS' OPTION:

Give your son or daughter a fun, healthy lifestyle experience at Camp Wabi. Health Tradition will help with the cost. **(\$100)***

Camp Wabi is a 12-day summer camp sponsored by Mayo Clinic Health System and the Eau Claire YMCA. Camp Wabi helps kids ages 10 to 14 who struggle with obesity make lifestyle changes to achieve a healthy weight. Campers enjoy typical summer camp activities, plus daily mentoring with committed professionals on better nutrition, physical activity and behavior change. New Auburn, Wisconsin. Learn more at ycampmanitou.org.

To earn your rebate:

- » Give your child the Camp Wabi experience
- » Fill out the rebate submission form and attach your receipt for the 2016 summer camp session
- » Complete the Mayo Clinic Health Assessment

THE ACTIVE OPTION:

The Move More rebate reimburses you for your fitness investment **(\$100)***

Just join an eligible fitness center like the Y, Curves, Snap Fitness, or a medically supervised exercise program such as cardiac rehab programs.



To earn your rebate:

- » Join an eligible fitness center, which has one or more of the following equipment and programs:
 - Cardiovascular (*treadmills, bikes, elliptical machines*)
 - Strength training (*weight machines or free weights*)
 - Aerobic and/or strength training (*aerobics classes, Pilates classes, yoga classes, spinning classes*)
- » Fill out the rebate submission form and attach proof of your fitness center payment
- » Complete the Mayo Clinic Health Assessment

THE DOUBLE OPTION:

A New Me: Healthy Balance Matters combines both healthy nutrition and fitness for double the rebate! **(\$200)***

Enrollment open!



Enroll in this life-changing program from Mayo Clinic Health System – Franciscan Healthcare and earn both rebates at once. A New Me connects all three aspects of wellness—nutrition, movement and stress management—in a 12-week information-packed program that brings you into balance. Available in La Crosse.

To earn your rebate:

- » Go to TimeforaNewMe.com to find out more about the program and sign up for one of the 12-week sessions. Spring sessions start in February and fall sessions begin in September
- » Complete A New Me
- » Fill out the rebate submission form
- » Complete the Mayo Clinic Health Assessment

*Rebates are reimbursement for actual costs incurred, up to the amounts shown. Maximum rebate total is \$200 per primary member household.

Login to HealthTradition.com/EWMM for all program details and rebate forms.

2016