

All WIN activities are open to all Moses Cone Health System employees. WIN is not an all-or-nothing type of program. While we encourage Health System employees to participate in all the WIN activities, employees are welcome to pick and choose from the activities that interest them.



WIN Wellness Is Now

HOW TO GET STARTED

Information and enrollment forms can be found in Public Folders under Employee Wellness. Enrollment materials for Well Points can be obtained in Human Resources.



WIN Wellness Is Now

For more Information, contact
Becca Jones, Wellness Coordinator
832-2590

Visit www.mosescone.com/employees

Watch for Will B. Healthy, the WIN logo.
We will announce activities in the
Code U newsletter, in the Code VU
video newsletter, on department
posters and in Daily Announcements.

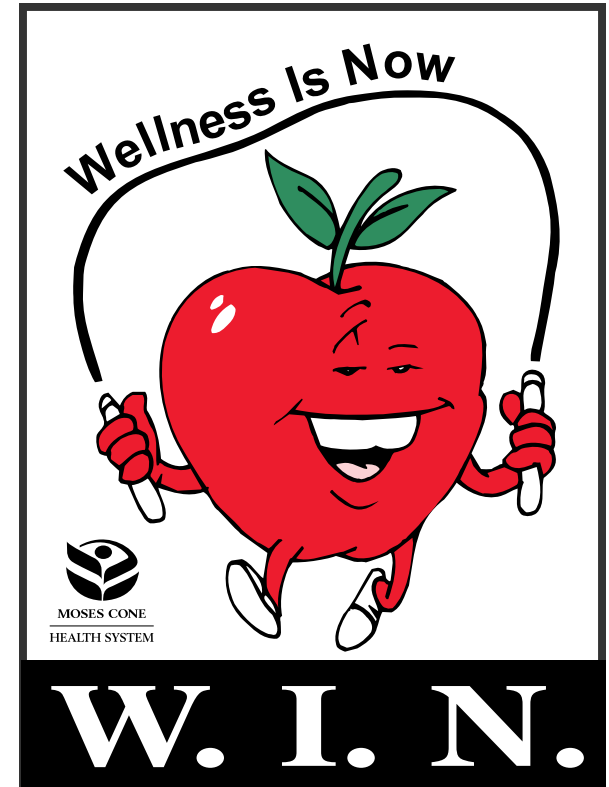
MOSES CONE HEALTH SYSTEM MISSION

We serve our communities by preventing illness, restoring health and providing comfort, through exceptional people delivering exceptional care.



MOSES CONE
HEALTH SYSTEM

A Moses Cone Health System Employee Health and Wellness Program



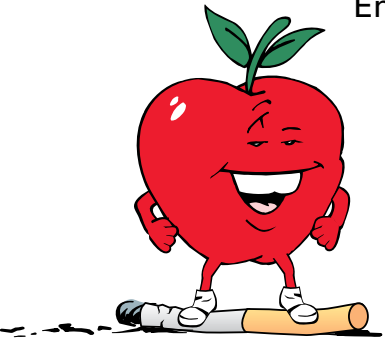
2009

Welcome to **Wellness Is Now (WIN)**, the employee health and wellness program at Moses Cone Health System. We're pleased to offer this comprehensive program to help you take steps toward a healthier lifestyle. Designed by and for employees through a committee called the Wellness Advisory Council, the program has three main parts:

Well Points

An incentive program that allows employees to track changes they make toward good health and then earn points for cash rewards. You can earn these points for such activities as having routine physical exams, drinking water daily and even wearing your seatbelt. There are rewards in it for everyone regardless of their current level of health and fitness.

Employees who meet the program requirements for each time period can earn up to \$200 in 2009.

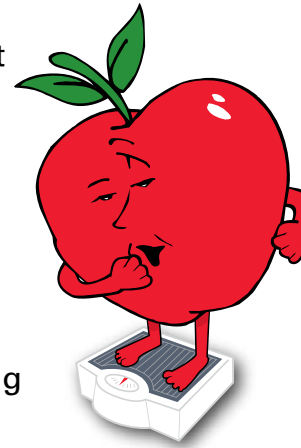


"There are rewards in it for everyone..."

Healthy Lifestyle Programs

Wellness activities that are designed to encourage healthy behaviors include:

- **Walk Across NC** - Physical activity campaign.
- **Quit Smart** - Smoking cessation program.
- **Weight Watchers** - Weight management program.
- **Health 4 the Holidays** - A stress management campaign.



"...designed in direct response to your suggestions."

Educational Classes and Special Events

Look for upcoming wellness classes taught by EAP providers and Medical Library staff. Example topics include Financial Wellness and How to Evaluate Online Health Information. Activities will also be offered to celebrate National Employee Health and Fitness Day in May and the Great American Smokeout in November.

