

\$200

Complete a Healthy Lifestyle Program by September 30, 2011

Once you and your enrolled spouse/partner meet the Wellness Assessment deadline, you're eligible to earn additional rewards. Allina is offering a \$200 reward if you complete a Healthy Lifestyle Program between Jan. 1 and Sept. 30, 2011.

If you do not meet this deadline, you are ineligible for the \$200 gift card reward.

Whatever your health goal may be – to lose or maintain your weight, stop smoking or learn how to better manage stress, we have a program for you! Not only have we added more free programs, the cost of Allina's programs has been significantly reduced. Detailed descriptions and registration information are available on the Be Fit AKN page and on *MyAllina*.

Most of these programs will take at least eight weeks to complete, so enroll early to complete the program by the deadline.

New: Your enrolled spouse/partner now has the option to participate in the Healthy Lifestyle Programs. There is no requirement for them to participate and they are ineligible for the \$200 reward for completing a course.



REDUCE STRESS

EAT BETTER

MOVE MORE

QUIT SMOKING

**MORE
THAN
ONE
WAY**

Many new Healthy Lifestyle Programs have been added to give you more choices to meet your personal health goals.

Visit the *Be Fit AKN* page or *MyAllina* for more details and completion requirements for each of the following programs.

The following programs are available Allina-wide.

PROGRAM	DESCRIPTION	DURATION	COST	OFFERED BY	TO ENROLL
Group Health Classes <ul style="list-style-type: none"> • Nutrition • Creating Life Balance • Tobacco Cessation 	In-person group sessions that include presentations, discussions and activities related to nutrition or life balance	Three onsite sessions <i>Ongoing</i>	Free	JourneyWell by HealthPartners (Offered at most locations if 10 participants register)	Enroll through Saba. Link will be provided in <i>MyAllina</i> and on <i>Be Fit AKN</i> page
Integrative Health and Wellness Coaching <ul style="list-style-type: none"> • Stress Management • Motivation • Fitness • Healthy Eating • Appropriate Lifestyle Management Resources 	One-on-one, in-person coaching that will help you identify the root causes for unhealthy behaviors. Also helps you discover motivators to achieve and maintain results	Three sessions and two assessments <i>Ongoing</i>	Free	The Penny George Institute for Health and Healing	Offered at most Allina locations or on the phone Go to <i>MyAllina</i> and <i>Be Fit AKN</i> page for link to online registration
<div style="border: 1px solid red; padding: 2px; display: inline-block;">Exciting new pilot!</div> MyHealthCheck by Life Time Fitness	Start with a comprehensive in-person screening to understand your current health and fitness. Follow up with phone coaching and use online tools to meet your health goals	12 weeks <i>Offered in February</i>	Free <i>Plus, receive \$10 off monthly Life Time dues for completing program</i>	Life Time Fitness	Register at lifetimefitness.com/allina or call 1-888-583-2622 <i>Space is limited to 300. Only employees are eligible to participate</i>
Partners in Quitting® Phone Coaching (Tobacco Cessation)	Phone course with topics that include preparing for a quit date, setting a quit date and practicing skills to manage high-risk situations after you quit	Three sessions <i>Ongoing</i>	Free	JourneyWell by HealthPartners	952-967-5124
Personalized Phone Coaching <ul style="list-style-type: none"> • Back Health • Blood Pressure Mgmt. • Cholesterol Management • Nutrition • Physical Activity • Weight Management • Stress Management 	One-on-one phone coaching that helps you identify what is important to you and then offers the tools and personalized support you need to make informed decisions about your health	Three sessions <i>Ongoing</i>	Free	JourneyWell by HealthPartners	952-967-5124

NEW! Higher course reimbursements for you and your enrolled spouse/partner

Previously, courses marked with an asterisk would have cost as much as several hundred dollars. Now, your final cost will be \$50 after you are reimbursed by Allina. And, as an added bonus, your enrolled spouse/partner is now eligible for the reimbursement.

The full cost of the program is due upon registration. Once you meet attendance and completion requirements, submit the reimbursement form found on MyAllina. Please note that due to IRS requirements, the reimbursement is considered taxable income. Only one reimbursement per program per calendar year is allowed by you and your enrolled spouse/partner.

The following programs are available at designated sites.

PROGRAM	DESCRIPTION	DURATION	COST	OFFERED BY	TO ENROLL
Am I Hungry® Mindful Eating Program	In-person group sessions that will change the way you think about food and exercise	Eight weekly sessions <i>Offered quarterly</i>	\$50*	Abbott Northwestern Hospital's LiveWell Fitness Center	Visit LiveWell Fitness Center or call 612-863-5178
Freedom from Smoking	In-person group sessions to help you work through the quitting process	Eight weekly sessions <i>Offered quarterly</i>	Free	Offered at Abbott Northwestern, Mercy, Unity and New Ulm	Abbott Northwestern 612-863-1648 Mercy/Unity 763-236-8008 New Ulm 507-233-1199
Mindfulness Based Stress Reduction <i>(includes course for Nurses, Health Practitioners & Family Caregivers)</i>	In-person group sessions that will help you find balance in your life, learn coping techniques for anxiety, depression, chronic pain, illness and life's other stresses	Eight weekly sessions and one Saturday workshop <i>Offered quarterly</i>	\$50*	The Penny George Institute for Health and Healing	Call 612-863-3333
Resilience Training	In-person, group sessions that provide skills to cope with depression, anxiety and other stress-related mental health conditions through nutrition, exercise and mindfulness practices	Eight weekly sessions and consultations <i>Offered quarterly</i>	Partially covered by Allina medical plans (excluding MNA plans)	The Penny George Institute for Health and Healing	Call 612-863-3333
Take Action Weight Management	In-person, group sessions that offer a personalized approach to weight management through nutrition, fitness and motivation skills	12 weekly sessions and individual assessments <i>Offered quarterly</i>	\$50*	LiveWell Fitness Center	Visit LiveWell Fitness Center or call 612-863-5178 <i>NOTE: Only the group session is eligible for the reimbursement</i>
Total Body Conditioning Boot Camp	In-person group sessions that will unlock your inner athlete using core, cardiovascular, strength and agility training	Eight weekly group exercise sessions and individual assessments <i>Offered quarterly</i>	\$50*	LiveWell Fitness Center	Visit LiveWell Fitness Center or call 612-863-5178

Programs offered at designated sites, continued

PROGRAM	DESCRIPTION	DURATION	COST	OFFERED BY	TO ENROLL
Way to Wellness	In-person group sessions that provide skills to cope with depression and anxiety and also provide support for those struggling with mental health	Eight weekly sessions <i>Ongoing</i>	Covered by Allina medical plans. You pay copay/coinsurance	Allina Mental Health Clinic – St. Paul	Call 651-241-5284
Weight Watchers	In-person, group meetings that teach you helpful habits, including how to eat smarter and move more	Ten meetings <i>Ongoing</i>	Varies. Eligible for partial reimbursement. See <i>MyAllina</i>	Weight Watchers	Find a meeting on <i>weightwatchers.com</i> or attend At-Work meetings if available at your site
Wellness in 15! • <i>Physical Activity</i> • <i>Life Balance</i> • <i>Stress Management</i> • <i>Nutrition</i>	In-person, one-on-one sessions with a health coach to set goals and make a plan to achieve them	Six 15- minute sessions over three months <i>Ongoing</i>	Free	Buffalo Hospital Community Engagement and Wellness Services	Call 763-684-6804
Women on the Move (includes <i>Girls & Moms on the Move</i>)	In-person, group physical activity training program designed to raise awareness of cardiovascular disease risks and help you train to run/walk a 5K	Eight weekly sessions and complete a 5K run/walk race <i>Offered in Spring and Summer</i>	\$40	Minneapolis Heart Institute Foundation	E-mail info@mhif.org or call 612-863-3979 <i>Visit mplsheart.org/community-programs</i>

The following two programs are available system-wide, but have an August 31 deadline.

PROGRAM	DESCRIPTION	DURATION	COST	OFFERED BY	TO ENROLL
Be Fit Biometrics	Successfully meet biometric requirements (healthy BMI, blood pressure, cholesterol and glucose levels, tobacco-free and low risk for diabetes and heart disease). After preventive exam and lab work, submit form signed by provider by August 31	Must submit form and lab work by August 31	Covered at 100% by most Allina medical plans	JourneyWell	Complete Be Fit Biometrics form and fax it to JourneyWell at 952-883-6767. Form and biometrics requirements are available on the Be Fit AKN page or <i>MyAllina</i>
Frequent Fitness	To meet Healthy Lifestyle Program requirements, you must work out 12 days a month for three consecutive months by August 31	Must meet requirements by August 31	Club dues Cost varies	HealthPartners	Inquire at your health club's front desk. View a list of participating clubs at healthpartners.com/allina