

for your  
benefit



Issue 1

August 3, 2009

## Coming Soon FlexChoice: A New Addition to Your Total Compensation Package

This fall, an innovative flexible benefits plan — FlexChoice — will become a new addition to the MCGHealth total compensation package. In addition to market-competitive pay (base, extra-duty, premium and incentive pay), an employer-supported retirement savings plan and an excellent performance management program, you will now have a wide range of options for selecting the benefits package that best suits you and your family. Giving you the ability to customize your own benefit plan by selecting from a variety of new options, is one of the ways MCGHealth plans to become the employer of choice in the CSRA.

*MCGHealth is pleased to offer a competitive compensation program that includes market-leading benefits. With the addition of FlexChoice, our compensation program just got better.*

— **Derek Carissimi, Vice President of Human Resources**

As you might remember from our presentations in February of this year, MCGHealth is self-funded — which means our health plan pays the cost of claims. MCGHealth — not an insurance company

— pays your entire medical, dental and vision expenses not covered by you. But with rising costs and an unfavorable economy, MCGHealth wants you to

help us help you lower health care costs...use your benefits wisely...and adopt a healthier lifestyle. We are developing programs that will help you do just that, all while making sure that your portion of the costs remains affordable.

Just remember: Your benefits, your way.

## Be healthy, save money

Adopting healthy behaviors can help you, your co-workers and MCGHealth save money:

**Take advantage of your preventive care benefits.** Annual physicals, mammograms, age and gender-recommended screenings and other diagnostic tools help you and your physician catch health problems early while they are treatable.

**Use your health care resources wisely.** Use the Emergency Department for true emergencies. A visit to the ED is not an appropriate substitute for conditions that warrant a visit to your physician's office. Call the 24/7 NurseLine at 888-724-BLUE (2583) and press 2 for help in determining whether or where to seek treatment and for answers to your health-related questions.



**Become a savvy consumer.** Learn about adopting a healthy lifestyle:

- Access resources offered on the Internet
- Join the MCG Wellness Center ([mcg.edu/wellness](http://mcg.edu/wellness))
- Take advantage of the Employee Assistance Program ([hi.mcg.edu/HR/EAP/htm](http://hi.mcg.edu/HR/EAP/htm))
- Participate in the soon-to-be-available HealthWise wellness program
- Take advantage of the MCG tobacco cessation program (706-721-8224)
- Enroll in our Healthcare Spending Account

## Too busy? No way!

### Salsa dancing anyone?

- Choose a fun, social activity that you will enjoy for years to come
- Start exercise slowly and gradually do more. Exercise shouldn't hurt
- If you don't have a regular exercise routine, start walking 30 minutes daily
- Make exercise a part of your life – take the stairs or park at the far end of the lot
- Wear a pedometer and challenge yourself to increase your number of steps each day

### You are what you eat!

- Clear your home of all high-calorie foods and snacks

- Eat at least 1,200 calories a day over the course of many small meals to keep your metabolism high
- Add more fruits and vegetables to your diet
- Stick to foods that contain no more than three grams of fat per 100 calories

### Cough! Smoke gets in your eyes

- Recruit a buddy to support your tobacco cessation efforts
- Pick a meaningful “quit date” in the near future, such as a special anniversary
- Reward yourself by using the money you save to buy something special