

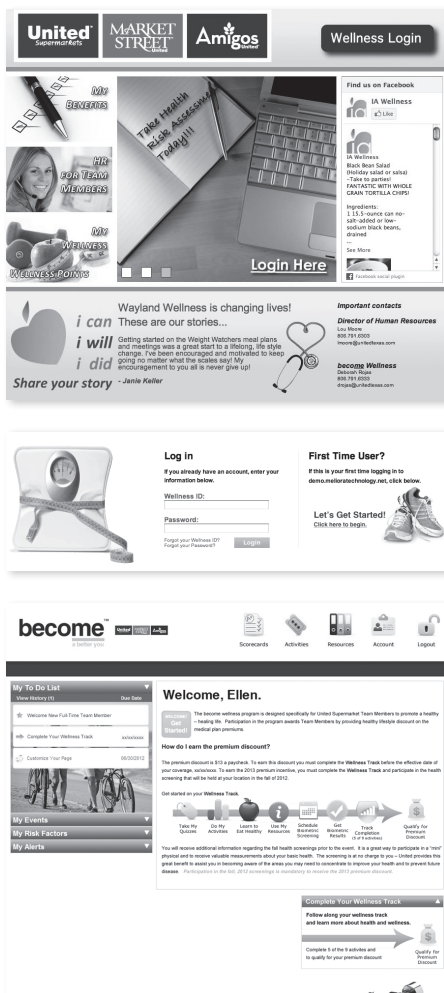
## become 2012

The become wellness program is designed specifically for United Supermarket Team Members to promote a healthy – healing life. Participation in the program awards Team Members by providing a healthy lifestyle discount on the medical plan premiums.

## How do I earn the premium discount?

The premium discount is \$13 a paycheck. To earn this discount you must complete the wellness track before the effective date of your coverage. To continue to save \$13 a paycheck you must also participate in the health screening that will be held at your location in the fall of 2012.

Follow these simple steps to earn your 2013 premium incentive:



**Step 1:** Go to [www.myunitedbenefits.com](http://www.myunitedbenefits.com)

**Step 2:** Click on “wellness login”

**Step 3:** Register as a “first time user” and enter the required fields (your wellness id is your Team Member number, you will need to create a password that has at least 8 characters, 1 uppercase letter, 1 lowercase letter, and at least 1 number and 1 symbol)

**Step 4:** Once you register and log-in, click on “Complete Your Wellness Track” in your “To Do List” (4 tracks must be completed by your effective date).

**Step 5:** Get screened in the Fall of 2012

You will receive additional information regarding the fall health screenings prior to the event. It is a great way to participate in a “mini” physical and to receive valuable measurements about your basic health. The screening is at no charge to you – United provides this great benefit to assist you in becoming aware of the areas you may need to concentrate to improve your health and to prevent future disease. **Participation in the fall, 2012 screenings is mandatory to receive the 2013 premium discount.**

## What if I need help improving my overall health?

United also provides you access to a wellness coach. A wellness coach can provide guidance and support with your unique health goals.

Do you need special diet assistance for heart disease or diabetes?

Could your family use a menu makeover?

Do you need tips on ways to get more exercise?

Do you have a weight loss goal?

**CALL A WELLNESS COACH! 1-866-630-6733**

## What else does the wellness program offer?

Information regarding the fun and healthy wellness contests, activities and educational informational regarding disease prevention and unhealthy habits will be sent to your location throughout the year. For additional information contact the Health and Wellness Department at (806) 791-0220 or toll-free (888) 791-0220. You may also contact our wellness partner, iaWellness, at (806) 765-7265 or toll-free at (877) 765-7265.

