

WELLNESS GUIDE

United Supermarkets, LLC 2012

Meet the 2011 UFit Winners

1ST PLACE WINNER IN UFIT CHALLENGE

I began making changes when the UFIT challenge started. Motivated to win the trip, I bought a gym membership, started eating healthier foods, and drinking more water. Now that the challenge is over, I have continued to live healthier. The changes I have made have not only helped my waistline and blood pressure, but have helped motivate my wife, who is studying to become a Registered Nurse. One of my biggest challenges is stress. When I feel stressed, I find myself wanting to be lazy and go back to bad eating habits. I've learned that I can listen to music to stay motivated. I not only run on the treadmill, but have started doing resistance training to gain lean muscle mass. If I had to give advice to someone wanting to make lifestyle changes, I would tell them to do it for health benefits and make little changes. Initially, it was about the UFIT trip and looking better, but now I realize how slight changes created huge improvement for my health and stress levels. My goal for 2012 is to monitor my blood pressure, keep stress levels low, and continue to exercise and eat healthier.



JESSE LOPEZ
Store 509

The team at United Supermarkets is committed to rewarding Team Members for taking steps to improve and maintain their overall health. We present to you the 2012 Wellness Guide - simple directions to improve your mind, body and spirit. The 2012 program will provide fun, team building activities and programs to lead you down the path to improving your self-esteem, reduce injuries, shed those extra pounds, lower your blood pressure and stomp out future disease.

2ND PLACE WINNER IN UFIT CHALLENGE

Losing weight has been a long time goal of mine. The UFIT challenge gave me the motivation I needed to increase my daily activity, and to make dietary changes such as exchanging soda and sweet tea for water, eating more fruits and vegetables, and eating smaller portions. Before the UFIT challenge, I was relatively active, but ate whatever and whenever I wanted. Once I saw the weight starting to fall off and my features beginning to thin, I realized these changes could give me a happier life with my wife and kids. I have continued to live healthy, but I am not perfect. I still have those bad days and meals, such as eating my favorite food, Mexican food. But, I treat myself to it once in a while, and don't eat it every day. My goal for 2012 is to continue to lose weight with a healthy diet and moderate exercise. I don't want to be one of those weight loss stories where the weight comes right back. This is not a diet, it is a lifestyle that my whole family will do together.

JASON HANKS
Store 520



become™
a better you



WELLNESS: WHAT'S NEW?

United Team Members spoke up and we listened...Hip Hip Hooray, The Points Are Going Away!! Beginning in 2012, you will now be rewarded for maintaining good health or showing improvements in your health.

- 1 Review your baseline screening results. Baseline results are the scores from your most recent screening.

If you screened in 2011, congratulations! You have completed the first step. If you did *not* screen in 2011, be sure to participate in the screenings that will be conducted through February 15th of 2012.

According to your baseline screening results, (highlighted in pink on your online "scorecard", see page 3 for instructions) if you have:

0-1 risk factor(s)...maintain your health

2 risk factors...improve at least 1 area

3 or more risk factors...improve at least 2 areas

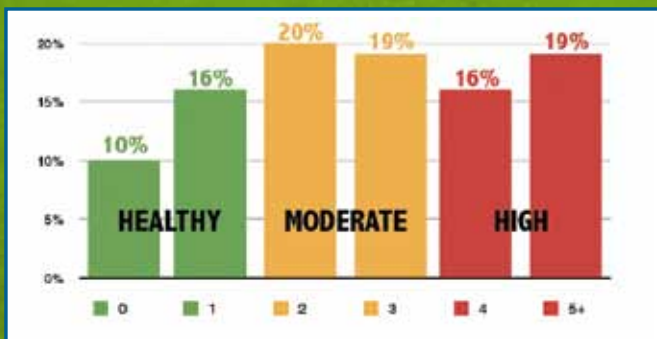
- 2 Eat healthy, exercise often, reduce your stress, and improve your numbers! Tools to help guide you to a healthier you will be provided throughout the year such as education and exciting new challenges.
- 3 Participate in the 2012 Fall Screenings held at your location - look for more information to come.

According to your risks, if you made improvement(s) (if needed) by the guidelines listed above you will receive the 2013 premium incentive.

Biometric results measured for improvements are: Total Cholesterol, LDL, HDL, Triglycerides, Glucose, Waist Circumference, Blood Pressure, Body Fat %, and BMI (if BMI is high, a reduction of 3% in weight would be considered an improvement. If BMI is high due to muscle mass which would be proven by screener evaluation and a normal body fat %, this will not be considered a risk factor).

United Supermarkets encourages healthy lifestyles. Healthy team members equals a positive and healthy company! Be an example of health for your co-workers and guests!

DID YOU KNOW?



74%

of Team Members were at Moderate or High Health Risk in 2011.

COACHING

NEED HELP? WE ARE HERE FOR YOU!

Call a coach today! Your very own personal wellness coach can assist you in making diet, exercise and general lifestyle goals to improve your overall health in an effort to push your screening results in the right direction! If you do not need to improve your results, but need a new workout plan, menu makeover, or just someone to keep you accountable, coaches are here for you!

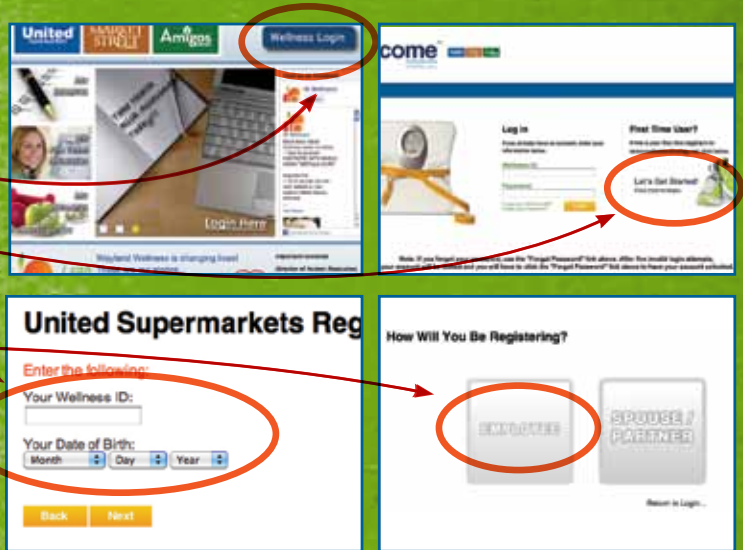
OFFICE HOURS: 8AM-5PM CST, EVENING AND SATURDAY SESSION CAN BE MADE BY APPOINTMENT
CALL 1-866-630-6733 or EMAIL a coach to set up an appointment: coach@ultimatehealthmatters.com

If it is unreasonably difficult, due to a medical condition, for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, **CALL US @ 806-765-7265**

STEPS TO EARN YOUR 2013 DISCOUNT

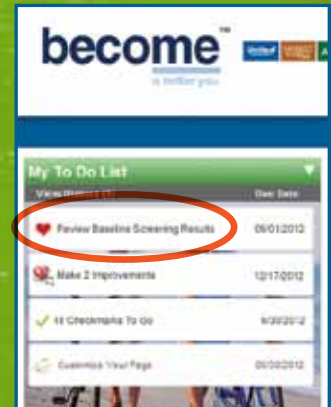
STEP 1: GET REGISTERED

- Go to www.myunitedbenefits.com
- Click on “Wellness Login” (top right side of screen)
- Click “Let’s Get Started!” (right side of screen)
You must register even if you have been active in the wellness program
- Choose “Employee”
- Enter Your “Wellness ID” (Team Member Number)
- Enter your date of birth and click “Next”
- Complete the required fields

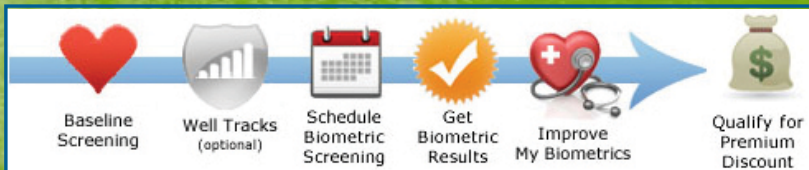


STEP 2: REVIEW YOUR BASELINE SCREENING RESULTS

Once you are logged in, click on “Review Baseline Screening Results” in your “To Do List”. (If you did not complete a health screening in 2011, please look for your results after completing a screening in 2012)



STEP 3: FOLLOW YOUR WELLNESS TRACK.



- ☞ If you have **0-1 risk factors**, screen again in the Fall 2012 screenings to earn your 2013 premium incentive; you are encouraged to *maintain your results*.
- ☞ If you have **2 risk factors**, you *must improve at least one* risk factor by the Fall 2012 screenings to earn your 2013 premium incentive. You are encouraged to participate in the online wellness track throughout the year.
- ☞ If you have **3 or More risk factors**, you *must improve at least two* risk factors by the Fall 2012 Screenings to earn your 2013 premium incentive. You are encouraged to participate in the online wellness track throughout the year.



Your Baseline Screening Results



Your Wellness Tracks (Optional)





Cut out 1 regular soda a day and possibly lose 10-14 pounds in a year

Cut back on those high sugar/high fat foods (cookies, cakes, etc) and go for high fiber to improve your glucose, triglycerides, and cholesterol

Learn the value of the NuVal Score.

Visit www.myplate.gov to help portion your foods

Lose 5-10% of your current weight to likely improve your blood pressure, blood sugar, and cholesterol

Add in some soluble fiber each day such as apples, pears, old fashioned oatmeal, beans, barley, & prunes to help lower your LDL and increase you HDL

TIPS FOR
A HEALTHIER YOU IN 2012

Eat a handful of nuts (15-20) such as almonds, walnuts, peanuts, pistachios to help improve your cholesterol

Take 2,000 more steps daily by using the stairs, walking while on the phone, or walk a mile after work. Increasing your steps will decrease your waistline and improve your health

Exercising 15 minutes daily will boost your HDL and lower your LDL. Increasing your daily activity will decrease buildup of plaque in your arteries

By exercising daily and burning 500 calories a day, you can lose 1 pound each week

All of the above tips may help to improve your numbers, but should be done along with a healthy diet and exercise. Certain medical conditions may prevent an individual from making improvements. Always check with your doctor before starting a workout plan.

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ia *wellness*
"healthy by choice"

become™
a better you