

Georgia's Nuts About Health!

Introducing the State Health Benefit Plan's (SHBP) "Georgia's Nuts About Health" wellness initiative – the Georgia Department of Community Health's multi-year commitment to improving your health.

With funding from UnitedHealthcare, BlueCross BlueShield of Georgia (BCBSGa), and Kaiser Permanente, you are eligible to win 1 of.....



600 Nike+ Runner's* Gift Packs!!!

These gift packs are worth
\$328 each and contain:

- 8GB iPod® nano (with video)
- \$100 Gift Card for Nike+ enabled shoes
- Nike+ iPod® Sport Kit



All employees, retirees and spouses enrolled in the SHBP are eligible.** You must go to your health plan's Web site and complete the following steps in order to participate in the end of year drawing:

1. Complete the Health Assessment

and

2. Complete one of the online health coaching modules that focus on Nutrition, Physical Activity, Stress, Heart Healthiness, Smoking Cessation and more. Each health plan has different modules, and some take 6 weeks to complete all stages, so be sure to give yourself enough time.

If you have completed any of these activities earlier than this announcement (in 2008), you are already taking control of your health and will get credit for those activities.

**Deadline for completing both steps:
600 winners announced:**

**November 1, 2008
December 1, 2008**

We will seek volunteers from our 600 winners (the Health Nuts) to be champions of the wellness cause, and results will be tracked on a group level, with an end of year recognition celebration in Atlanta.

*Not to be considered a NIKE, Inc. or Apple Inc. endorsement by the Department of Community Health, UnitedHealthcare, BCBSGa or Kaiser Permanente

**Dependent children are not eligible to win

For more details visit: www.nutsabouthealth.ga.gov