

Do It Well

Now you can do more than offer your employees benefits. Here's an easy way to add the benefits of wellness.

You strive to provide the best benefits possible for your employees. Now, you can expand the benefits you offer, help your employees better understand their benefits – and provide them a wellness benefit.

So your employees can enjoy better health, and you can gain greater productivity, better management of health care costs, and greater employee loyalty for your business.



Choose one of these wellness offerings for your employees – at no cost to you:

- **Life Health Assessment** – available through Ceridian. Employees and their dependents may conduct confidential personal health assessments online and have access to a wealth of online health coaching programs and tools. (Available to businesses with 100 or more employees.)
- **Nurseline Service** – also available through Optum Health. Employees and their dependents have 24/7 access to specially trained nurses for guidance and education regarding a health condition, and can enjoy a doctor locator and vast online health information library. (Available to businesses with 100 or more employees.)
- **Wellness Screening Program** – available through Optum Health. Medical professionals will provide a full lipid/glucose panel health screening for employees at your location. (Available to businesses with 300 or more employees.)

How does it work?

It's easy – we just need your employees to participate in our enrollment.

- If 75% or more of your benefit-eligible employees meet with a benefits counselor during the enrollment period, we will cover the fees for the wellness program you select for one full year.
- To count toward the 75%, an employee does not have to purchase any Colonial Life products; he or she must simply meet with a benefits counselor.
- Once the enrollment takes place and the 75% is confirmed, we will get back with you and confirm that the program is a GO. From there, you will work directly with the Ceridian or Optum Health contact to implement your wellness program. They can even provide communications to help explain and promote the program to your employees.

How do I sign up?

For now, we review the Memo of Understanding that outlines conditions of this agreement. Then we'll proceed with setting up your enrollment.

You do a great job providing your employees benefits. Now you can do it well. Take advantage of this opportunity to help your employees have better health!

Colonial Life

1200 Colonial Life Boulevard
Columbia, South Carolina 29210
coloniallife.com

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