



THE INSIDER

WHERE WE ARE...WHERE WE'RE GOING

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Editor:

Laura Flood

Assistant Editor:

Annette Davis

Kevin Ruffin

Contributing Writers:

Thomas Anderson

Wilhelmenia Francis

Jan Matthews

Debbie McMillan

Cathy Robbins

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Get on track with the latest HR news

January 16, 2015



Employees' overall health and wellness is important to leadership. In support of health and wellness, Human Resources (HR) has designed many programs, including the [wellness plan](#), to help employees and their families foster a healthy lifestyle and to be informed health consumers. This week, HR encourages all employees to learn more about how they can stay on track with their health and wellness.

BlueRewards and My Health from Web MD Wellness program is here!

Improve your health and earn rewards with the new BlueRewards and My Health from Web MD Wellness incentive program. Developed in partnership with Florida Blue, BlueRewards is a positive way to improve your health through a variety of activities, tools and resources. As you work toward wellness goals, you will be able to earn BRAVO! points, which can be redeemed for rewards. Detailed information on the program can be found on the [Wellness Resources](#) page, located on the Benefits page on the Human Resources site. There is currently a shortcut link under Enterprise Links to help get you familiar with the new site.

Email employeebenefits@dsocorp.com or call x16794 with any questions related to the new BlueRewards and My Health from Web

MD Wellness incentive program.

Don't forget your Wellness visit

Did you know that under our health plan, wellness visits are covered with no out-of-pocket costs? Employee Benefits encourages all employees to visit their healthcare provider for a yearly wellness exam. A wellness exam focuses on prevention and allows you and your physician to have a conversation about your health concerns and possible health risks. It also provides an opportunity to ask questions about your medical history, general health questions and to evaluate what health screenings may be needed in the future. Wellness visits are a smart way to stay in control of your health.

Contact Florida Blue at 888-281-0595 for detailed coverage information.