

February, 2010

Welcome to the February issue of *PlusNotes for Employers*. Use it to make your Physicians Plus health plan work for you! This month's issue includes:

- WorkWell Plus Education Sessions
- Monthly Wellness Tip: Managing Headaches

And please, invite your employees to [subscribe to \*PlusNotes for Members\*](#)! If you prefer not to receive future issues, simply click the link at the bottom of this newsletter to unsubscribe.

#### **WorkWell Plus Education Sessions**

March is [National Nutrition Month](#)<sup>®</sup> and a great time to emphasize to your employees the importance of making healthy choices. Physicians Plus offers a variety of [WorkWell Plus](#) on-site education sessions for your employees that include a focus on physical activity, nutrition, stress management and life/work balance. In addition, we have Power Point™ presentations that can be delivered by personnel at your site. Topics include: Diabetes; Active Aging; Colon Cancer; Breast Cancer; Stroke; Nutrition 101; Depression; Alcohol Awareness; and Get in Shape. For more information or to request any of these presentations, click [HERE](#).

#### **Monthly Wellness Tip: Managing Headaches**

Each workday, more employees in the U.S. are absent because of headaches than from any other single cause. In fact, headaches account for an estimated 157 million lost workdays in the U.S. each year. Many sufferers experience not only the pain from headaches but the limitations on their quality of life. The good news is that medical research now enables doctors to improve headache diagnosis, and up to 90% of all headache sufferers can find relief from their pain.

If you or any of your staff suffer from chronic headaches or migraines, encourage them to call their primary care physician (PCP) or our NursePlus information line at **866-PPLUSRN (866-775-8776)** to speak with a registered nurse who is ready to provide health care answers and assistance. Additionally, [GO-TO Healthy Choices Relax](#)<sup>™</sup> can help assess sources of stress (physical, emotional and behavioral symptoms) that may cause headaches and migraines and identify current healthy and unhealthy stress management solutions.

#### **Tell Us What You Think**

Physicians Plus wants to know what you think! Send us your feedback, suggestions, and ideas for improvement. All submissions are reviewed, so please let us [know](#).