

March, 2010

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

- Count on P+ for the Support You Need
- Eat Healthy & Earn Rewards
- Monthly Wellness Tip: Cholesterol Awareness

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.

Count on P+ for the Support You Need

Physicians Plus prides itself in offering exceptional service and support for you and your employees throughout the year. Your account executive is only a phone call or [e-mail](#) away whenever you need assistance. Your employer and member [GO-TO modules](#) enable 24/7 secure online health plan management. Our dedicated [customer service](#) team is trained to handle your employees' important questions whenever they arise. And our [NursePlus](#) information line provides health care advice from a registered nurse at any time.

Eat Healthy & Earn Rewards

If you or your employees are looking for ways to eat healthier, there is no better time than the present to get started. Spring is the perfect time to purchase a produce share from a [MACSAC](#), [FRESH Food Connection](#) or [Simply Wisconsin](#) farm as part of our [Eat Healthy Rebate](#). Members simply order a produce share, follow the online reimbursement instructions to earn \$100 (single) or \$200 (family) rewards and look forward to a steady supply of fresh fruit and veggies from local farms this summer!

Monthly Wellness Tip: Cholesterol Awareness

Do you know what cholesterol numbers mean? To some they may be confusing. But knowing them is extremely important to maintaining good health. Screening for high cholesterol at least once every five years is recommended for everyone over the age of 20, so encourage your staff to talk with their primary care physicians (PCP) about cholesterol screenings.

And remember, high cholesterol can be managed through lifestyle modification, medication or both. [GO-TO Healthy Choices Care™ for Your Health](#) can help your employees with high cholesterol understand their condition, give them confidence to ask their doctor the right questions and make decisions that are best for them.

Remind your staff to check out [GO-TO Healthy Choices](#) and all the wellness resources built into every P+ health plan.

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](#).