



Wellness Program 2010

We have updated you several times on the current state of healthcare both nationwide and at Watson Electrical. To help reduce our healthcare cost we have designed the Watson Wellness Program. If you choose to participate you will be asked to complete three items during the 2010 plan year. They are:

- Complete a Health Risk Assessment - HRA will be available in Summer 2010, details are forthcoming.
- Participate in annual on the job biometric ViQuest health screenings (blood pressure, cholesterol, glucose and BMI). These are conducted annually in your division.
- Get your annual physical!! Watson Electrical will waive the co-pay (if applicable) on your preventive care (annual physicals) and provide you with a \$75 incentive payment once your preventive claim has been processed by BCBS NC.

It is important to remember that living a healthy lifestyle leads to a safe work place, happy and healthy family life and protects Watson Electrical's greatest asset: **YOU!**

****Participation in these three wellness activities is voluntary.** Your participation (or not) will have an impact on our healthcare cost and may also impact your healthcare premiums for the 2011 plan year.

The above information is a highlight to the plan. Please refer to the plan for more information. If a conflict exists between a statement in this document and the any provision in the plan, the plan will govern.