

live well at WCIF

for WCIP
PPO Plan and
WCIF Group
Health medical
members*



With Live Well at WCIF you will experience the countless benefits of improved health.

Plus, you'll receive a cash reward just for participating!

Live Well gives you access to powerful health enhancement tools like:

Live Well Web Portal

Your very own secure health website. Your portal will update every day with fresh new information and will give you access to many program activities.

Healthy Living Programs

Special tutorials that will guide you to make healthy changes one step at a time. Pick from our list (including our popular Weight Loss and Get in Shape programs) or create your own.

Login to earn credits for
CASH starting 1/1/2010!



Visit www.wcif.net for more information

Biometric Screening

Knowing your biometric numbers (cholesterol, triglycerides, glucose) is vital to knowing your health. Learn your risk for serious illnesses confidentially, conveniently and at no cost to you.

Wellness Assessment

An online quiz that will tell you how healthy you really are and what you can do to improve.

Health Coaching | *WCIP Only*

Team with a professional coach to target key issues and make your health goals happen.

Care Management | *WCIP Only*

Special support and education for those diagnosed with serious health conditions.

www.LiveWellatWCIF.net

* All WCIP and WCIF Group Health members over the age of 18 have access to the Live Well at WCIF program.

* WCIF/WCIP medically insured active employees and WCIF/WCIP medically insured active spouses/domestic partners are eligible for the program incentive.