

#HarcrosHealthy

*Well***3**



EAT *Well,*  
MOVE *Well,*  
BE *Well.*

**THERE'S A WHOLE NEW KIND OF WELLNESS FOR HARCROS.**

Welcome to WELL<sub>3</sub>—a new holistic approach to wellness that makes getting healthier easier and more fun. It isn't about points. It's about you. How you eat, how you move and how you feel. And it's a great way for all of us—employees and families alike—to become healthier together. With less hassle and more rewards, you're probably feeling better already.



# EAT *Well*



***LET'S NOSH like real foodies.***

With WELL<sub>3</sub>, you'll get lots of guidance about food, nutrition and diet. And we'll help you make better choices at work and at home.

***LET'S TASTE the good life.***

Food should be enjoyed. So we'll have expert speakers on nutrition topics and hold cooking demonstrations to help you get the most out of every bite.

***LET'S BREAK from poor eating habits on the job.***

You'll find more healthy snacks and fresh fruit in the break room. And we'll focus on healthy lunch options for office meetings.

***LET'S GET REWARDED for eating right.***

Healthy eating is its own reward, but we'll also be recognizing good eating habits with random Whole Foods gift card giveaways.



**LET'S GET IN STEP with Fitbit®**

You don't have to run a marathon to stay active and fit. Just take it a step at a time. As a Harcros employee or the spouse of an employee, you qualify to receive a Fitbit Zip® free of charge. Or you can upgrade and get a specially discounted price on the Fitbit model of your choice.

*You can track your steps and those of your coworkers online with the Fitbit dashboard. See how you stack up. Encourage others to step it up. Engage in some friendly competition. Or plan walking meetings with your colleagues. It's all about making fitness fun.*



**LET'S JOIN THE CLUB with health club reimbursements.**

Regular exercise is key to keeping you strong—and to keeping Harcros healthy. That's why, with WELL<sub>3</sub>, you'll receive an annual reimbursement of your health club membership, up to \$240.

**LET'S KEEP IT MOVING with new activities.**

Try yoga, explore new sports and learn how to make everyday activities like gardening a healthy part of your lifestyle. WELL<sub>3</sub> will help you make all the right moves.



**LET'S FEEL BETTER inside and out.**

Being healthy is more than staying physically fit. It's staying fit mentally and emotionally, too. WELL<sub>3</sub> is your resource for a wide range of ongoing support that can help enhance your overall well-being.

**LET'S MAKE TIME for ourselves.**

WELL<sub>3</sub> will offer programs to help you balance your work and family life, reduce stress, improve sleep and engage in community-centered activities that can give you a new sense of purpose outside of work.

**LET'S LOWER OUR PREMIUMS and our health risks.**

WELL<sub>3</sub> gives you access to complete health screenings and encourages preventive check-ups that can not only keep you healthier but also reduce your health insurance premiums.



BE **Well**

A woman wearing a red cap, sunglasses, and a red backpack is kayaking on a body of water. She is smiling and looking back over her shoulder. The background shows a tropical coastline with mountains under a bright sky. The text "Let's get started." is overlaid on the image in a dark blue, italicized font.

*Let's get started.*

**Watch your email for more details.**

We'll be sending you more information about how to order your new Fitbit and how to take advantage of all the benefits WELL<sub>3</sub> has to offer. You can also follow **#HarcrosHealthy** for the latest updates. We'll eat well, move well and be well. And we'll all become healthier—together!



