

## Let's focus on health and wellness!



## Starting in 2020, we'll be increasing our focus on workplace wellness.

Our company has been selected as one of only a few groups to participate in the Blue Cross and Blue Shield of Kansas BeWell pilot program. This program is a new health and wellness initiative that will help us find ways to improve workplace wellness and slow rising medical costs.

## What does this mean for you?

We'll be partnering with Blue Cross staff to develop and implement new programs and activities that can lead to healthier habits and lifestyle choices at the office and in your everyday lives.





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