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Wellness Works

A Cornucopia of Resources to help you Winter Well

The holiday season and winter are fast approaching – bringing shorter days, longer nights, gray skies, and rainy days. It can be easy to veer off your wellness track with more comfort foods, sweets, greater stress and fewer opportunities for physical activity.

CIS Benefits wants to help you “Winter Well” with a variety of programs and resources:

- Weight Talk® - a new a 6-month weight loss program that provides your own coach as well as tools and guided assistance to help you achieve a lasting weight goal begins January 1, 2014.
- A Personal Health Coach through Reliant Behavioral Health can help you reach your wellness goal. Call 1.888.493.5522 to get started. Or, visit WellCall (now HealthAdvocate™) at www.wellcall.com.
- Healthy Eating and Weight Management Reimbursement Programs - A variety of programs are available through Regence and Kaiser Permanente.

UTILIZE YOUR RESOURCES

Follow us on Facebook (www.facebook.com/cisbenefits) for tips to get you and your employees through the holidays, manage stress, find healthy recipes and interact with other employers.

503-763-3800 800-922-2684
www.cisbenefits.org
1212 Court St. NE, Salem, OR 97301

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- Quit For Life - an easy-to-follow tobacco cessation program.
- Reliant Behavioral Health (employee assistance program) for assistance in managing holiday and everyday living challenges.

Programs are available to those 18 and older insured by a CIS medical plan. Visit the CIS Benefits website (www.cisbenefits.org) for complete details.

Success Stories

Below are two stories that have been shared with CIS Benefits. For additional success stories, visit our Facebook page at www.facebook.com/cisbenefits.

As of November 1, 2013, I have been tobacco free for 4 years. It was the best decision I ever made for a greater and healthier lifestyle. I don't crave tobacco at all, and I will never ever go back. With some of the dollars I don't spend on cigarettes, I treat myself to small fishing or electronic devices that I really like. I also gave myself a gift that money can't buy... being able to climb down and back up 1,000 foot canyons with my fishing pack to fish for steelhead and salmon with my son.

JOHN ZAKARIASSEN, CIS RISK MANAGEMENT CONSULTANT
AND A QUIT FOR LIFE PARTICIPANT

I lost 54 pounds to reach my goal weight of 140 pounds. My knees hurt all the time when I weighed over 190 pounds, and I was on high blood pressure medicine. Now...my knees don't hurt, I'm off my medicine, and I feel like a new person!

TERRY, A HEALTHY EATING REIMBURSEMENT PROGRAM
PARTICIPANT



Pictured above: John Zakariassen working in the field.

It's all about **TRUST.**

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