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June 13, 2008

CareEssentials June Wellness WebEx for Employer Groups

MARKET: All

Below are details for this month's Wellness WebEx, offered at no cost to our employer groups:

**June 26th
2:00 pm - 3:00 pm E.D.T.
Action! Choosing the Best Programs for your Worksite**

This is the one that accounts have been asking for! In this month's WebEx, employers will learn how to plan for programs that will be most effective for their worksite. Nancy Lesch, a CareFirst Health Promotion Specialist, will provide take-away tools for the planning and implementation of a worksite wellness program for any size and budget.

Once again, we need your help to spread the word in order to maximize participation and generate interest in developing wellness programs.

Please pass along the invitation for the June WebEx, which is posted on the Employers section of www.carefirst.com. The invitation is also sent via e-mail to those groups that are on our mailing list. Participants will include employer benefit administrators, health promotion advocates, wellness ambassadors or company executives.

To register, visit www.carefirst.com/webex. There is no limit to the number of participants per company who may register.

These monthly presentations have been very well-received. Below are a handful of comments.

WebEx Participation Feedback

- *"It was very informative. Convenient and at no cost."*
- *"The presenter was knowledgeable and engaging and made the Webinar interesting, which is something a lot of people struggle to do. The information was presented in a way that was easy to understand."*
- *"Excellent Wellness Presentation on Business Case."*
- *"Presenter was extremely knowledgeable and provided easily understood information."*
- *"I am a worksite wellness coordinator. Now, I will recommend these Webinars to our account managers and clients."*

The next WebEx event is scheduled for July 31, 2008. The planned topic is *"Creative Wellness Strategies with Limited Resources."* Look for a Sales Flash with additional details next month.

If you have any questions, please contact your Broker Sales Representative.



Shekar Subramaniam
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