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August 13, 2008

CareEssentials August Wellness WebEx for Employer Groups

MARKET: All

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

August 28th
2:00 pm - 3:00 pm E.D.T.
Kick Start Your Wellness Program at a Company Health Fair

Having a health fair can be a good way to increase visibility and awareness of wellness activities. If planned and evaluated appropriately, health fairs can have a huge impact on employee awareness and education of health promotion programs. In our August WebEx presentation, Health Promotion Specialist Nancy Lesch will deliver some pointers about how and why to launch a successful health fair.

Accounts that participate in the WebEx will take away the following:

- Sample health fair timeline
- Theme ideas
- Communication ideas
- Types of vendors for specific wellness areas (e.g., physical, mental, spiritual)
- Incentive and raffle examples
- Web site resources

Accounts planning for a health fair or considering one in the near future shouldn't miss this presentation.

Please pass along this month's [invitation](#), which is also posted in the Employers section of www.carefirst.com.

The next WebEx event is scheduled for September 24, 2008. The planned topic is "What's For Dinner? Starting a Nutrition Health Promotion Program." Look for a Sales Flash with additional details next month.

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



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