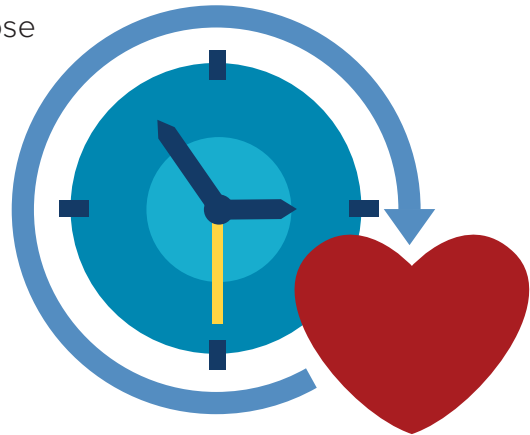


Onsite health education

Book a Healthy Hour and improve the health of your population

If you're interested in giving your employees a healthy dose of health education, there's a new option for you. The Healthy Hour onsite health education program offers seminars on a variety of health topics.



The Healthy Hour program is provided by BlueCross BlueShield of South Carolina, with physicians, nurses, health educators and nutritionists from Doctors Care as speakers. Employers are encouraged to use their annual *Employer Group Report* provided by PEBA to select topics that most impact their members. Topics include:

- Back health
- Diabetes management
- Fitness
- Healthy heart
- Know your numbers
- Weight management
- Men's and women's health
- Nutrition
- Stress relief
- Sleep disorders
- Tobacco cessation

Each seminar lasts 45 minutes and is followed by a 15-minute question-and-answer period. The cost for the service depends on the number of sessions and which type of health educator will be needed.

Choose a single one-hour session or select up to five sessions that can be different topics and held on different dates.

Session	Conducted by	Price
Single, one-hour session	Nurse, Health Educator or Dietician	\$450
Five, one-hour sessions	Nurse, Health Educator or Dietician	\$1,200
Five, one-hour sessions	Physician	\$1,800

Billing is simple. Employers pay in advance if scheduling five sessions. For single sessions, BlueCross will invoice employers after the educational seminar. The fee includes:

- Event scheduling
- Online registration
- Educational handout
- Electronic flyer and pre-program communications to encourage employee participation
- Site management and equipment setup (projector and computer, if needed)
- Travel expenses for presenters
- Fulfillment and shipment of supplies and equipment if needed
- Participation report
- Results from participant surveys, which can be customized, but would include standard questions about the presenter, the topic and materials.

To book a seminar, call **888.845.6887** or email wellness@ucimedinc.com. Please book your onsite seminar at least four weeks in advance.

