

### **Looking Ahead to Life Style Returns in 2010**

Next year, Life Style Returns requirements will be different. Though the HRA will remain a fixture and a centerpiece of the program, no health fairs will be held. Participants will simply accrue points by participating in healthy habits like visiting your doctor for a physical, joining a gym or Weight Watchers, having a mammogram, or participating in Highmark informational resources. Members will simply (and confidentially) keep track of their points online.

No matter how Life Style Returns is rolled out, the bottom line is being rewarded for choosing to take some simple (and, sometimes, not so simple) steps to a healthier lifestyle. The \$50 bonus is nice, but knowing that you're doing a favor for yourself and for all of those who love you is a much greater reward.