



A Comprehensive Wellness Program!

### Included in Welcare Program

- ◆ **CareWise Handbook**
- ◆ **Health Fair Screening**  
Can include screening for total cholesterol, HDL cholesterol, lipid profile, blood pressure, height, weight, body mass index and blood sugar. Includes education and identification of major health risk factors.
- ◆ **Health Achievement Program**
- ◆ **Educational Offerings (see list)**
- ◆ **Newsletter**
- ◆ **Gym & Fitness Center Discounts (list available)**

### Employer-Based Fee for Service

- ◆ **Health Care Advocate**  
On-site Healthcare professional for an agreed amount of time each week.
- ◆ **Self-Care: Be Carewise**  
Free to members, fee for non-members.
- ◆ **Self Defense**  
Small fee may apply.
- ◆ **Bone Density Scans**

### Education/Lunch 'N Learns

- ◆ **Back Care**
- ◆ **Be A Good Health Partner**
- ◆ **Cancer Prevention & Education Basics for Men/Women**
- ◆ **Can We Talk? - Communication Skills**
- ◆ **Cholesterol Education**
- ◆ **Commit To Fitness**
- ◆ **Eating On The Run**
- ◆ **Education Tables**  
Welcare will provide materials on different topics each month, which can be displayed for employees to browse at their convenience.
- ◆ **Environmental Concerns**
- ◆ **Fad Diets**
- ◆ **Fat Facts**
- ◆ **Fat Facts - Vending Machine Foods**
- ◆ **Fiber Facts**
- ◆ **First Aid Basics**
- ◆ **Food Group Bingo**
- ◆ **Food Safety and Food Poisoning**
- ◆ **Give Yourself A Check Up**
- ◆ **Health Department**  
A representative from the Vanderburgh Co. Health Dept. is available to come on-site to discuss programs available. Includes educational information on a variety of wellness topics.
- ◆ **Healthy Eating For Today's Lifestyle**
- ◆ **Heart Healthy Habits**
- ◆ **Highs And Lows of Blood Sugar**
- ◆ **How To Beat The Holiday Blues**

(over) →

- ◆ **Importance Of Medication Compliance**
- ◆ **It's About Saving Face...Skin Cancer**
- ◆ **Learning to Live with Arthritis**
- ◆ **Less Stress For Success!**
- ◆ **Living With High Blood Pressure**
- ◆ **Men's Health Issues**
- ◆ **Mental Aerobics**
- ◆ **Nutrition Jeopardy**
- ◆ **Parenting**
- ◆ **Please Pass The Germs?!**
- ◆ **Practical Ways to "Fit" Exercise Into Your Routine**
- ◆ **Preventing On The Job Burnout**
- ◆ **Prevention Guidelines**  
Available For: Adults  
                     Children  
                     Seniors.
- ◆ **Providing A Safe Environment For Your Loved Ones**
- ◆ **Sleep Disorders & Sleep Deprivation**
- ◆ **Shopping Smart**
- ◆ **Sodium Facts**
- ◆ **Substance Abuse**
- ◆ **Sugar Facts**
- ◆ **Summer Safety And Heat Exhaustion**
- ◆ **Taste Of The Holidays**
- ◆ **Women's Health Issues**
- ◆ **Work Station Woes**

## Programs

- ◆ **Ask The Nurse**
- ◆ **Ask The Dietitian**
- ◆ **Finally BEAT Smoking!**
- ◆ **Heart Healthy Cooking Demonstration**
- ◆ **How to Put The Brakes On Stress!**
- ◆ **Just Move It!**
- ◆ **Reflexology And Corporate massage**
- ◆ **Contests:**  
 Fun interactive contests designed to teach your employees about healthy living, while having a good time! Each contest can be modified for time frame and content if desired. The company should be prepared to provide small incentives for motivation.  
Topics Include:
  - ◇ Cholesterol Tips
  - ◇ Blood Pressure Tips
  - ◇ First Aid Jeopardy
  - ◇ Fitness Contests
  - ◇ Murder Mystery (fitness and nutrition team contest similar to "Clue")
  - ◇ Indy Mini 500
  - ◇ Super Bowl Challenge
  - ◇ Taste of the Holidays Recipe Challenge
  - ◇ Weighting for the Holidays
  - ◇ What Do You Have to Lose?



# Gym and Fitness Center Discounts

To be eligible for the following gym discounts, you must be a current Welborn Health Plans (WHP) member. Members must show Fitness Center their current WHP insurance card at time of sign-up. Prices subject to change without notice and are current as of May, 2008.

## INDIANA

### Ackerman Chiropractic & Fitness Center

7125 Hwy 66 Wadesville 812-673-4947

20% off yearly membership for a single person and  
\$5 off monthly membership rates  
\$50 off yearly memberships for families

### Anytime Fitness **24 Hour Access**

2447 N. 6th Sreet. Vincennes 812-882-6348  
16 Cherry Tree Plaza Washington 812-354-2200

No enrollment fee.  
\$5 off monthly membership rates  
Lower monthly rates for longer contract years  
\*Can use pass at any Anytime Fitness center  
across the US.

### Bally Total Fitness

5435 W. Pike Plaza Rd. Indianapolis 317-293-9436

### Bob's Gym **24-Hour Access**

120 N. Rosenberger Evansville 812-424-2627  
8700 N. Kentucky Evansville 812-402-4771

\$20.00 off yearly fees for single membership  
\$30.00 off yearly fees for family membership  
\$30.00 off yearly fees for couple membership

### Curves for Woman

Participating locations:  
1822 W. Franklin Evansville 812-468-9999  
8258 S. Green River Evansville 812-962-4808  
2333 St. George Rd. Evansville 812-962-4899  
1266 N. Main Mt. Vernon 812-838-0999  
8211 Bell Oaks Dr. Newburgh 812-858-8787  
7 Sullivan Dr. Washington 812-257-8810

\$34 per month for a one-year check draft  
membership or prepaid.  
Service fee discounted 60% with one year  
membership. Call Curves for details.

### Curves for Woman

225 S. US Hwy 231 Jasper 812-481-9573

10% discount on prepay for 1-year contract.  
One-time discounted enrollment fee (\$29 instead of  
\$149)

### Elite Fitness Centers **24-Hour Access**

8255 Bell Oaks Dr. Newburgh 812-858-8300  
9515 Seib Rd McCutchanville 812-868-8650  
160 W. Broadway (Hwy 64) Princeton 812-385-8400

10% off monthly dues  
\$49 Enrollment fee waived.

### Everybody's Fun & Fitness Center

710 Fulton Tell City 812-547-3565

\$30 single membership  
\$50 couple membership  
\$60 family membership  
\$20 over 55 membership

### Fitness World **24-Hour Access**

1101 N. Congress Ave. Evansville 812-476-7160

\$29.95/month fee for 12-month agreement.  
\$39.95 sign up fee  
24-hour access for \$5.00 more  
Call Alicia at Fitness World for current specials.

### Maximum Fitness **24 Hour Access**

400 S. 3rd. Avenue Haubstadt 812-768-5355

\$10 off 3 or 6 month membership  
\$40 off 1 year membership  
Student and Senior Citizen Discount

### Multi Activity Center (MAC) **24-Hour Access**

6000 Indian Mounds Rd. Mt. Vernon 812-838-5623

6-month and yearly memberships also available  
Call gym for pricing.

## **New Directions Health & Fitness Club**

632 Main Street      Tell City      812-547-1200

\$37 single - prepaid year \$408 (regularly \$42/\$480)  
\$57 couple- prepaid year \$663 (regularly \$67/\$780)  
\$79 family - prepaid year \$842 (regularly \$92/\$990)

## **Nu Shape Fitness**

206 Northwood Ave.      Jasper      812-481-9229

\$20.83/month with one year membership (regularly \$39)

## **Princeton Fitness**

115 N. Hart      Princeton      812-386-6666

10% discount for 1-year membership for 1 or 2 people or \$20 sign-up fee waived if monthly membership.  
Call gym for pricing.

## **Resultz Personal Fitness**

345 Bentees Wes Ct.      Evansville      812-471-9590

10% off monthly dues for 12-month agreement  
Enrollment fee applies.

## **Rock'em, Sock'em Boxing & Kickboxing, Inc.**

815 John St, Suite 160      Evansville      812-471-4177

\$30/month Single  
\$50/month Couple  
\$70/month Family  
\$5/month discount for WHP members

## **St. Mary's Health Matters Fitness Center**

3700 Washington      Evansville      812-485-4110

Minimum 6-month membership  
Joining fee equal to one month membership  
Call for payment options.  
Senior Discount for those 55 and older.

## **Swonder Fitness Center**

209 N. Boeke      Evansville      812-479-0989

Over Swonder Ice Arena  
Call for pricing.

## **Tri-State Athletic Club**

555 Tennis Lane      Evansville      812-479-3111

2-week trial membership-\$100 savings  
2-1/2-hour personal training sessions with purchase of membership.

## **YMCA**

222 N.W. 6th Street      Evansville      812-423-9622  
6846 Oak Grove Rd.      Evansville      812-401-9622

Now offering corporate discount to all WHP members. Call for pricing.

## **ILLINOIS**

### **Curves for Woman**

432 Market Street      Mt. Carmel      618-262-8551

\$34 per month for a one-year check draft membership or prepaid.  
Service fee discounted 60% with one year membership. Call Curves for details.

## **KENTUCKY**

### **Atlantis Health Club**

### **24-Hour Access**

4101 Carter Rd.      Owensboro      270-686-1972

\$10 one time enrollment fee then \$25/month for one year membership  
\$10 enrolment fee and \$15/month per dependant (must be 15 years old & reside with member)  
\$15 for keycard for 24 hour access

### **Anytime Fitness**

3332 Villa Pt.      Owensboro      270-691-9199

\$5 off monthly membership rates  
Lower monthly rates for longer contract years  
\*Can use pass at any Anytime Fitness center across the US.

### **Curves for Woman**

2202 US Hwy 41 N.      Henderson      270-826-5888  
2680 Fredrica St.      Owensboro      270-683-0051

\$34 per month for a one-year check draft membership or prepaid.  
Service fee discounted 60% with one year membership. Call Curves for details.

### **YMCA**

900 Kentucky Pkwy      Owensboro      270-926-9622  
650 Chuck Gray Ct.      Owensboro      270-684-1495

\$25 joining fee (normally \$30-\$90)  
Senior pricing available

## OHIO

### Anytime Fitness

1450 W. Main Street Troy 937-339-3030

\$5 off monthly membership rates

Lower monthly rates for longer contract years

\*Can use pass at any Anytime Fitness center across the US

### Bally Total Fitness

1530 Miamisburg Centerville Rd. Dayton 937-435-3042  
8423 N. Main Street Dayton 937-898-0300

1/2 off enrollment fee and \$75 off membership

### DKNJ Fitness

1790 Shiloh Springs Rd. Trotwood 937-837-1800

\$25 monthly membership fee instead of \$35

### Fitworks

7070 Miller Lane Dayton 937-890-5924  
4464 Indian Ripple Rd. Beavercreek 937-427-4117

\$5 off monthly dues.

1 year and 2 year contracts at lower rates

### YMCA of Dayton, Ohio

Participating locations:

Coffman YMCA Springboro 937-886-9622  
Downtown YMCA Dayton 937-228-9622  
West Carrollton YMCA Dayton 937-866-9622  
Kleptz YMCA Englewood 937-836-9622  
Huber Heights YMCA Huber Heights 937-236-9622  
Preble County YMCA Eaton 937-472-2010

10% off monthly enrollment fee

50% off joining fee if minimum of 10 people participate.

## MAINE

### Planet Fitness

145 Marginal Way Portland, ME 207-879-2200  
8 Thomas Drive Westbrook, ME 207-773-7774

\$20.00 start up fee

\$10.00 a month

\$20.00 Annual Membership Fee

## GEORGIA

### Workout Anytime

1021 Jamestown Blvd., Suite 209  
Watkinsville 706-248-0876

\$5 off monthly membership with 1 year contract  
Extra month membership with bank draft