Healthy Team Healthy U
WELLNESS AT WORK

SIGN UP BEGINS OCT. 1st!

Healthy Team Healthy U is a fun, interactive program done at work with your team for 12 brief sessions. You will be given the tools to improve your diet, be more physically active, have more energy, and enjoy better health.

Developed by international award-winning doctors at the Oregon Health & Science University, Healthy Team Healthy U has improved the lives of Oregonians over the past two years.

WHAT YOU GET

- High quality sports pedometer
- Healthy online cooking videos
- Exercise video series
- Fun way to support your co-workers

HTHU & HEALTHY FUTURES

Healthy Team Healthy U counts as two health actions for OEBB members who are participating in Healthy Futures. You can change your OEBB preferences and participate in Healthy Futures until March 31, 2014. Although, you don’t have to be in Healthy Futures to enjoy the benefits of signing up for Healthy Team Healthy U! When you participate in Healthy Futures and do Healthy Team Healthy U, you earn a lower 2014-2015 insurance deductible!

WATCH

PERSONAL SUCCESS STORIES

Shane’s Story
Juli’s Story
Bernie’s Story

Please visit us to learn more at oebbwellness.com
E-mail: info@odysseyscience.com
Phone: 1(855) 483-2667