



Dear New Employee:

I am writing this letter to introduce myself and welcome you in your new job. My name is Carmen Terry and I am the Health and Wellness Coordinator that works with all eight Lycoming county school districts and Penn College. I have developed and run BeHIP wellness (Better Health Incentive Program) for insured employees and their spouses. Your health is important to you and to your employer which is why we have these programs in place. BeHIP wellness encompasses a wide variety of activities to help you improve your health.

Along with this letter is a brief overview of the program and information on how to earn points so that you can earn money back in your pocket. We have been running this program since 2013 and have had wonderful success. We provide free health screenings at the workplace as well as offering flu shots on-site. We believe it is important to foster a culture of wellness.

We use an online program through [healthadvocate.com](http://healthadvocate.com). Login instructions are below:

Type [Healthadvocate.com](http://Healthadvocate.com) in your browser

Click on Member login

Type in LCIC for the organization

Click on the Register now button at the bottom

If at anytime you have any questions regarding this program, please feel free to contact me. All my information is listed below:

Carmen Terry, MS, ATC, Health and Wellness Coach

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Here's to your health!

*Carmen Terry*