

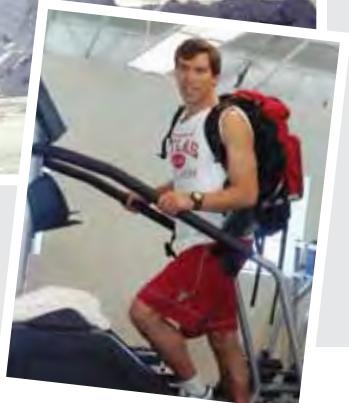


## Kevin Jones: Taking Action to New Heights

Rockwell Automation Senior Sales Engineer Kevin Jones is a “take action” kind of guy. In spite of hip replacement and back surgeries, this husband and father has led several groups up Washington State’s Mount Rainier and climbed several other peaks. This spring, he’s planning to climb Mount Everest, the world’s highest mountain at 29,029 feet above sea level! We spoke to Kevin about his upcoming adventure—an activity that will qualify Kevin for this year’s Take Action incentive.



*Rockwell Automation employee Kevin Jones works out and trains before any mountain-climbing excursion.*



### Q: Tell us about your upcoming trip.

**A:** I’ll be leaving March 27 to go to Kathmandu (Nepal). From there, it’s a 30-mile walk into the valley, which we’ll reach around mid-April. We’ll start the climb and reach the peak of Mount Everest around May 17.

### Q: What does it take to prepare to climb a mountain?

**A:** The first thing you have to do is make the emotional commitment. Without a strong emotional and mental commitment, you won’t follow through and achieve your goal. Then, you have to really manage your time. If you don’t sit down on Sunday night and plan your week, including your workout schedule, you won’t do all you need to. I decided to do this a little more than a year ago and now—day after day, month after month—I work through it. If I haven’t worked out and it’s getting late, I do pushups or something—even if it’s 11:30 at night.

### Q: Your story is inspiring. What would you like to share with other Rockwell Automation employees to help them take action in their own lives?

**A:** Mountain climbing is not beyond the abilities of a normal, healthy person. It just takes preparation, time and emotional commitment. We are all capable of one great adventure. It’s never too late to take action. The new health plan rebates are an excellent incentive for employees. There are a variety of things you can do to qualify. Decide what you want to do and do it.

*Read more about Kevin on page 4.*

### Inspired to Take Action?

Taking action for better health is a key part of our Health Care Strategy because awareness plus action can help you achieve a healthier lifestyle, which helps lower your health care expenses. To learn more, watch for the Take Action brochure in your home mail in April, explore the StayWell website at <https://ra.staywell.com> or call StayWell at **1.800.721.2696**. Representatives are available 8 a.m. to 8 p.m. Monday through Thursday, 8 a.m. to 6 p.m. Friday, and 8 a.m. to noon Saturday (all Central time).

# MetLife MyBenefits Website

The MetLife MyBenefits website, <https://mybenefits.metlife.com>, is your one-stop shop for everything related to your dental benefits, auto and home insurance, group legal services and vision care. Here's a glimpse of all the information available at your fingertips.

**Dental Benefits**

- \* Learn more about the MetLife Preferred Dentist Program.

Find a Dentist: Enter your zip code Advanced Search

**Auto and Home**

Savings, convenience and security. Enjoy worry-free bill payment when you sign up for payroll deduction.

- \* Discover how affordable coverage can be. Get an auto quote now.

**Group Legal Services**

Easy access to a wide variety of legal services.

- \* Find a participating attorney.
- \* Find out more details on your plan's coverage.

**Vision Care**

The VisionSavings Eyecare Program (VSEP) provides savings and easy access to thousands of participating providers and optical locations nationwide. Wallet-sized ID cards are available.

- \* Learn more.

## MetLife Dental

- Print your dental ID card
- Search for dentists in your area, including Preferred Dentists, for the best value
- Get educational tools and resources about oral health

## MetLife Auto and Home Insurance

- Compare free quotes from top insurance companies
- Speak to knowledgeable sales consultants who can help you make an educated choice about your coverage

## Hyatt Legal Plans

- Gain access (for plan participants) to a variety of legal services, such as family law, wills and estates, debt matters, traffic, insurance and more
- Find a participating attorney in your area

## EyeMed Vision Care

- Learn about free vision discount services
- Find a provider in your area
- Print wallet-sized vision ID cards



# Take Action to Achieve Results

The Take Action program kicks off in April, so now's a great time to explore how it can help you achieve better health and possibly earn an Achievement incentive\* in the fall. Whatever your health goals are, there's a Take Action activity to help!

## I want to lower my blood pressure.

- Healthy Heart Healthy Living Program
- Stress Relief Healthy Living Program
- Smoke-Free Healthy Living Program
- *Get Fit on Route 66* fitness program
- NextSteps® phone-based coaching or mail-based program (if invited)



## I want to improve my cardiorespiratory fitness.

- *Get Fit on Route 66* fitness program
- Run, walk, bike and ski events
- Easy Start Healthy Living Program
- Get in Shape Healthy Living Program

## I want to lose weight.

- Weight management program
- Weight-Loss Healthy Living Program
- Healthier Diet Healthy Living Program
- Get in Shape Healthy Living Program
- NextSteps phone-based coaching or mail-based program (if invited)
- *Get Fit on Route 66* fitness program

## I want to control my blood glucose.

- Diabetes-Fighting Healthy Living Program
- Healthier Diet Healthy Living Program
- Weight management program
- Weight-Loss Healthy Living Program
- *Get Fit on Route 66* fitness program
- NextSteps phone-based coaching or mail-based program (if invited)

## I want to lower my total cholesterol.

- Healthy Heart Healthy Living Program
- Healthier Diet Healthy Living Program
- Weight management program
- NextSteps phone-based coaching or mail-based program (if invited)

\*You can earn an Achievement incentive this fall if you complete the Awareness program and reach one or more health targets for blood pressure, cholesterol, blood glucose, body mass index and cardiorespiratory fitness. Watch for more information later this year.

## Learn More!

Watch for a special mailer on the Take Action program. Then, visit StayWell's website (<https://ra.staywell.com>) to learn more about the Take Action activities available to you. Don't see one that works for you? Let StayWell customize a Healthy Living Program for you! Look under "Healthy Living Programs" for details.

# Kevin's Fitness Rules

Kevin Jones didn't learn to climb mountains overnight. (See page 1 to read Kevin's story.) Achieving better health takes time, patience and dedication. Kevin found that setting fitness rules for himself helped him stay focused and get fit.

**Have short- and long-term goals.** Short-term goals are easy. Long-term goals keep the short-term goals in perspective.

**Have a plan and track your progress.** Use a planner to track workout times and activities.

**Get help.** Hire a personal trainer, join a running or biking group, or take classes.

**Be balanced.** The health and fitness table has four legs: endurance, strength, flexibility and nutrition.

**Educate yourself.** Understand the muscle groups and what you need to do to work them best.

**Do something every day.** No rest days. A body in motion stays in motion.

**Repeat an exercise to "max" as a benchmark.** Do one exercise as many times as you can and track improvement over time.

**Be organized.** Time management is difficult. Get organized or you won't find training time.

**Make it accessible.** Have what you need at home or close by.

**Enjoy the journey.** Make it fun or you'll never stick with it.

Kevin encourages his colleagues to set a health and fitness goal and start working toward it today. It can be grandiose, like climbing a mountain, or small, like losing a few pounds. The important thing is to have something tangible you're working toward and that you get going immediately.

**Have a story you want to share about how Rockwell Automation's resources are helping you improve your health?**

Submit your story on [www.RAbenefitsolutions.com](http://www.RAbenefitsolutions.com).



To access the site via your personal smartphone, go to your phone's App Store or Market and download a free QR scanner. Then, scan this code.



Kevin with Rockwell Automation banner at Mount Cho Oyu Base Camp.

## Why Have a Primary Care Provider (PCP)?

There are many benefits of having a primary care provider.

If you're pressed for time but need unexpected medical care, having an established history with your PCP can pay off because your doctor is more likely to respond to a phone call. Avoid the emergency room (unless you have a life-threatening situation)—it can take hours and cost you a lot more, too. On average, emergency room visits cost about \$400, while doctor's office visits cost about \$60.

Keeping your health care costs down isn't the only reason to build a relationship with a PCP. It's an advantage to have one trained physician who can care for most of your health care needs. Your PCP maintains your overall health history by weaving together your general and special medical needs—and helping you monitor your progress each year with regular preventive care.

Not sure how to find a PCP? Try referrals from friends, family or your child's pediatrician. Or, for a list of providers in your network, contact:

- Aetna at [www.aetna.com/docfind/custom/rockwellautomation](http://www.aetna.com/docfind/custom/rockwellautomation) or 1.866.547.2665
- Humana at <http://www.humana.com/misc/bhcgs/rockwellautomation/home.asp> or 1.866.424.2479

Source: New England Journal of Medicine