

## BENEFIT

# SOLUTIONS

Different people. Different solutions.

## Rockwell Automation

## Take Action

**Now**, not tomorrow, is always the best time to resolve to improve or maintain your health. And **now**, Rockwell Automation is helping turn your resolve into action. Our new Take Action program focuses on specific steps you can take to address any health risks you may have and keep your health a daily priority.

The Take Action program offers three different ways to take action on your health:



- **Participate in the *Get Fit on Route 66* online fitness program.** Choose physical activities that you like to do, and virtually travel along legendary highway Route 66 for every minute of exercise you complete! Your goal is to be active enough to travel from Chicago to Santa Monica by the end of the year. Visit <https://ra.staywell.com> to register **now through Nov. 11, 2011**.
- **Complete a Healthy Living Program.** Healthy Living Programs can help you learn more about your health and set goals related to a health topic of your choice. Visit <https://ra.staywell.com> for a complete list of programs, and register **now through Nov. 11, 2011**.
- **If you're at risk, participate in Staywell's NextSteps® program.** If your Numbers@Work health screening or Health Risk Questionnaire (HRQ) showed you to be at risk for certain health conditions, you may be invited to work with a health expert through the NextSteps phone-based health coaching or mail-based program. If so, you'll see a link to NextSteps in "Your Action Plan" on <https://ra.staywell.com>. Register **now through Oct. 1, 2011**.

Plus, if you are enrolled in a Rockwell Automation medical option and you complete one of the Take Action programs by Dec. 31, 2011, you can **earn a \$100 credit on your 2012 medical premiums**. Find more information about the Take Action program and incentive at [www.RAbenefitsolutions.com](http://www.RAbenefitsolutions.com) or on U.S. RAIN.

## By the Numbers

Wellness programs, like Rockwell Automation's, are small steps that are making big strides in improving health and reducing health care costs.

The average employee in the U.S. will need \$225,000 in health care during his or her lifetime. That's a total cost of \$1 trillion per year.

62% of all businesses offer some kind of wellness program.

The costs of 70% of illnesses in the U.S. each year are preventable. Wellness initiatives help reduce those preventable illnesses and costs.

Since the introduction of our Health Management program, more than 85% of employees have used a StayWell resource or participated in a program.

Sources: LIVESTRONG (Lance Armstrong Foundation), StayWell

# Check-Up Checklist

Missed the Numbers@Work screenings? Going to the doctor for your annual check-up? These tips will help you get the most from your visit.

- ☑ **Bring your StayWell Health Care Provider Form.** Be sure to download and print this form from [www.RABenefitsolutions.com](http://www.RABenefitsolutions.com) before you leave home, and ask your doctor to fill it out during your visit. Completing this form at your check-up can save you time during Annual Enrollment.
- ☑ **Review your family history before you go.** Have any close relatives been diagnosed with new conditions or diseases since your last visit to the doctor? If so, it's important to let your provider know so that your risk for the disease can be assessed and, if necessary, you can begin taking preventive measures.
- ☑ **Write down a list of questions to take with you.** Have you noticed any changes with your body since your last visit? Have you been dealing with pain, fatigue or dizziness? Do you feel depressed, experience increased anxiety or have trouble sleeping? Make note of any issues and when they started; then, make sure to discuss them at your check-up.
- ☑ **Ask if you are due for any general screenings or vaccinations.** Based on your age, general health, family history and lifestyle, it might be time for certain tests or vaccinations. Keeping up with preventive care today can limit your health complications and costs tomorrow.
- ☑ **Ask about the future.** Are you considering trying to get fit again after years of physical inactivity, losing weight or quitting tobacco use? Make sure to discuss it with your doctor so that you can make the best decisions for your health.

Source: Centers for Disease Control and Prevention



## Get a Flu Shot!

The flu is unpredictable and often severe. According to the Centers for Disease Control and Prevention, each season more than 200,000 people, on average, are hospitalized from flu-related complications in the U.S. Staying at home when you're sick and frequent hand-washing are two of the best ways to avoid spreading and catching the flu. **But the number one preventive measure is getting a flu shot each year.**

If you are covered by a Rockwell Automation medical plan, your flu shot is 100% paid for by the plan—no matter where you get it! So whether you go to an onsite Numbers@Work health screening, a clinic, drugstore or your doctor, your flu shot is **free**.

Don't wait. Get your flu shot today!

## Employee Assistance Program—Help When You Need It

Sometimes we all need a little help when balancing work and personal life gets difficult. That's why Rockwell Automation offers an Employee Assistance Program (EAP) through ValueOptions®, the program administrator. Contact the EAP for help with:

- Marital or family problems
- Child or adult care issues
- Balancing work and family
- Personal growth and development
- Parenting and child care resources
- K-12 educational concerns
- Moving and relocation
- And more!

The EAP is completely confidential and available 24 hours a day, 365 days a year. For assistance, call ValueOptions at **1.800.892.1415**, or go to the Achieve Solutions website at [www.achievesolutions.net/automation](http://www.achievesolutions.net/automation).

Source: ValueOptions

# How Many Fruits and Veggies Do You Need?

No matter what age you are, everyone needs fruits and vegetables in their diets.

Fruits and veggies provide the body with important nutrients to make sure everything is running the way it's supposed to. Certain fruits and vegetables can even help prevent serious illnesses, such as cancer and heart disease. So how do you know if you're getting the right amount each day? See the charts below to find out how much you should be eating.



Males		
Age	Cups of fruit per day*	Cups of vegetables per day*
3 – 5	1.5	1.5
6 – 10	1.5	2 – 2.5
11 – 15	2	2.5 – 3.5
16 – 25	2.5	3.5
26 – 50	2	3.5
51 – and older	2	3

\*Assumes 30 – 60 minutes of physical activity a day.

Females		
Age	Cups of fruit per day*	Cups of vegetables per day*
3 – 5	1 – 1.5	1.5
6 – 10	1.5	2 – 2.5
11 – 15	1.5 – 2	2.5
16 – 25	2	2.5 – 3
26 – 50	2	2.5
51 – and older	1.5	2.5

\*Assumes 30 – 60 minutes of physical activity a day.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## StayWell—Resources for All Seasons!

Fall means the warm weather has worn off and with it, probably the zeal for some healthy summer habits, like working out for 30 minutes a day. Let StayWell help you get back to focusing on fitness with tools and resources at your fingertips! You can also learn more about the Take Action program.

For more information and tools to help you be more active, check out the StayWell resources at <https://ra.staywell.com>, or contact 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).

## It's in the Portions!

There's a lot to look forward to as we get closer to the holidays, and it's no secret that delicious food is a big part of the festivities. While it may be a time to relax and indulge, don't let the holidays get between you and healthy eating habits. Portion sizes seem to keep growing, making it even harder to make healthy food choices. So during the holidays—a time of year when great food brings good friends and family together—you'll have to make an even greater effort to stick to the right portion sizes.

To see a list of recommended serving sizes for typical holiday foods, use the free QR scanner app on your personal smartphone to scan this code. You can also find this list at [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.



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# Oh, My Aching Back!

## Preparing for Fall (Without the Fall)

As fall and winter approach, make sure you prep your home, car and yourself with these health and safety tips.

### 1. Is your home winter proof?

Have your heating systems checked by a professional and be sure your chimneys and fireplaces are clean for good ventilation.

### 2. Are you prepared for emergencies?

Stock up on canned foods, batteries and flashlights in case of power outages. Be sure your home has working smoke detectors and a carbon monoxide detector. If you don't have a landline, make sure your cell phone battery is charged so you can make emergency calls.

### 3. Are you safe to drive?

Keep up to date on your vehicle maintenance schedule so your vehicle is safe to drive. To avoid ice buildup in your gas tank, keep it full. Keep an emergency first aid kit in your car. Don't drink and drive, and always wear a seat belt.

### 4. Are you staying warm?

Be sure to wear appropriate outdoor clothing. Dress warmly in light layers, and be sure to stay dry.

### 5. Are you staying healthy?

Eat healthy and stay active. To avoid unwanted illnesses such as the flu, first read *Get a Flu Shot!* on page 2 of this insert. You should also wash your hands regularly or use a hand sanitizer, and get regular check-ups and vaccinations.

Source: Centers for Disease Control and Prevention



## 10 Ways to Live 10 Years Younger

### Feel 10 years younger with these tips!

1. **Laugh out loud** to lower your blood pressure and relax your muscles.
2. **Get enough sleep** so you can avoid feeling cranky and looking haggard.
3. **Move more** to stimulate brain chemicals that make you feel happy. You'll have more energy to do the things you love.
4. **Eat well** and avoid processed foods, trans fat and sugar, which all cause fatigue.
5. **Learn something new** to stimulate your brain and feel rejuvenated.
6. **Wear sunscreen** to protect your skin. The younger you look, the younger you'll feel.
7. **Adopt a pet** and reduce stress by taking it for a walk or letting it sit on your lap.
8. **Drink water** to avoid the sluggish feeling that dehydration causes.
9. **Lift weights.** You'll do more than just burn calories—you might also increase your self-esteem.
10. **Help out a friend or your community.** You'll be helping yourself, too!

Source: Quality Health®

*Existing within this material are brief, general descriptions of the plans available. If any part of this information should conflict with a plan's legal documents, the legal documents will control. Participation in these plans is not a guarantee that benefit levels will remain unchanged in the future. The company reserves the right to change or terminate these plans at any time. If material changes are made, employees will be informed about them.*