

FREE self-care guidebook...



To kick off your new HealthTracks wellness program, we are offering a FREE Self-Care Essentials® guidebook.

Please fill out and return the attached card within the next 30 days to get your free copy of Self-Care Essentials®.

The guidebook offers engaging information on illness signs and symptoms, treatments at home versus when to seek medical care, answers to the most commonly asked questions, interactive quizzes, and injury and illness prevention.



Wellness Initiatives Network for Alaska, Inc.
PO Box 91393 • Anchorage, AK 99509
www.healthtracksak.com • customerservice@winforalaska.com
(907) 248-0797 • toll-free nationwide (866) 248-0797

Yes, send me a Self-Care Essentials® guidebook!

Self-Care Essentials® is a simple guide to managing your health care and living well. Return this postage-paid card to receive your free guide in the mail.

Name (please print legibly)

Address

Apt. No.

City

State

Zip



Your Self-Care Essentials® guidebook will arrive by mail approximately 2-3 weeks from our receipt of your order.

Introducing a wellness partnership...

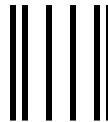
The AlaskaCare Employee Health Plan's new claims administrator, Wells Fargo Insurance Services, has teamed up with WIN for Alaska, Inc., to provide the HealthTracks wellness program for eligible State of Alaska employees. The program is comprised of a variety of tools to help guide you towards healthful lifestyle choices.

Your new HealthTracks wellness program includes:

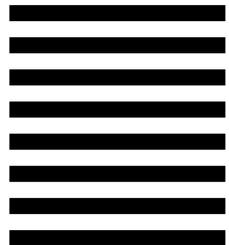
- www.healthtracksak.com your one stop website for resources, program information, and announcements.
- Get the Point (GTP) tracking system. In GTP, activities = points = healthful lifestyle. <http://gtp.winforalaska.com>
- 24/7 Nurseline—Available July 1—(800) 807-2997
- Lifestyle management tools
- eNewsletters
- Quarterly hardcopy newsletters
- Self-Care Essentials® guidebook
- Annual health risk assessment
- Health coaching



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