

## Keeping Your Health on Track



**MBCR is very proud of its ongoing commitment to offer a comprehensive health and wellness program that is designed to assist employees and their loved ones live a healthy lifestyle. We only partner with the most competitive, highly ranked benefit vendors in the health care industry.**

MBCR highly encourages employees and their family members to be proactive in their health, to engage in preventive care services, get plenty of exercise, eat a healthy diet, manage acute fatigue, improve their overall sleep health, and find productive and fun ways to decrease life and work stressors.

### *Some of our most current programs include:*

- Flu shot clinics;
- Biometric health screenings with nutritional coaching;
- Wellness seminars on a variety of relevant topics;
- Health questionnaire incentive programs;
- Safety awareness events;
- Company fitness challenges;
- Member wellness discount savings that are available through MBCR Plans; and
- A robust employee assistance program.

We provide year-round educational materials to help employees and their families stay healthy and successfully manage both acute and chronic medical conditions.

MBCR's health and wellness communications are timely, engaging, easy-to-read, and consistent with best practices among employers and in the railroad industry. We hope you find our programs and communications helpful!

Chronic disease management assistance, healthy lifestyle coaching resources, health and wellness web tools, and NEW mobile technology applications are already available through many of MBCR's benefit vendors.

**Stay tuned - MORE is coming your way in 2013!**