

## MEMORANDUM

February 11, 2010

To: All Clergy and All Participants in the Conference Health Plan  
From: Pros Tumonong  
Subject: Conference Wellness Program

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I pray that you are well in body and spirit. Attached is the new Wellness Program sponsored by the Conference Board of Pension and Health Benefits, aptly called *StepUp To Health*. The Program is designed to improve health using physical, mental and spiritual activities which are recognized to enhance physical health with a mission focus and a team approach. Individual and Team prizes will be available.

The Program will be administered by Health Plan Advocate (HPA) with IT support from Professional Benefits Services (PBS). This attachment containing the Program description and rules will be posted on the conference website including a link to the web page of PBS where you can do Online Reporting.

The Center for Health web page of the General Board has this to say, “*We each share a God-given stewardship responsibility for the health of our own body and soul, and by extension, the health of others in our ministry.*”

In this spirit, the Conference Board of Pension and its Health Care Committee heartily invite you to participate in this fun and rewarding experience. So register without delay! Program starts March 8, 2010. *StepUp To Health*, now!

Shalom,



Mike Anthes  
Chair-Board of Pension &  
Health Benefits



Lou Grettenberger  
Chair-Health Care Committee

*Pros*

Pros Tumonong  
Conference Treasurer

