

# Samaritan Stewardship Program

## Membership has its benefits.

Every day we make choices about our health. And every choice brings an opportunity to make a difference in the cost and quality of health care in our hometowns. When you join the Samaritan Stewardship program, you are taking steps to be a better steward of your own health: conserving and protecting your most precious resource. And you are taking steps to model the stewardship you hope to see in others. Your membership in the Samaritan Stewardship program opens the door to opportunities to be involved and rewarded for your stewardship.

### Join an online discussion.

The Samaritan Stewardship program maintains a website on SHS Insider. Here, you will find Samaritan employees talking about health issues that interest or concern them. Connect with your fellow employee bloggers:

- Nutrition Nuts
- Exercise Enthusiasts
- Weight Loss Winners
- Heart Disease Annihilators
- Blood Pressure Bashers
- Diabetes Destroyers
- Stress Zen Masters

### Explore.

The Stewardship website has expert tips and tools for you to use to keep your health improvement on track. But your resources are not just limited to online browsing. As a Samaritan Stewardship member you will receive a monthly e-newsletter from the program that will provide you with support and new opportunities for health stewardship.

### Reward yourself.

Stick to your commitment to improve your health or obtain your health goals and you can reward yourself with the cool incentives offered by the Stewardship Rewards program. Participate in any of these programs and earn points toward rewards that you choose:

- Special Events / Sporting Equipment – Have you competed in an event, race, or tournament? Have you had your eye on some sporting equipment? This program has been developed to reward you when you compete or commit to health by purchasing equipment! Up to *25 Incentive Points* per year
- Weight Watchers™ for SHS – When you receive 10 Weight Watchers Coupons through Samaritan Employee Wellness to attend Weight Watcher Classes you receive *10 Incentive Points*, *30 Incentive Points* per year maximum.
- Samaritan Health Service's Biggest Loser – Samaritan Health Services employees can join the SHS Biggest Loser now! If

you are interested in starting a program for your department/ office, go to the Stewardship website to learn how you can earn *30 Incentive Points*. In the five months this program has been running, contestants have lost a total of nearly 500 lbs!

- SHS gym benefit – Samaritan Employee Wellness offers up to \$300 a year towards gym membership. You will receive *15 Incentive Points* when you enroll for this benefit through Employee Wellness, and an additional *15 Incentive Points* when you meet the attendance requirement. The gym benefit includes the new SamFit facility.
- Fitness & yoga classes / pool passes – *10 Incentive Points*.
- Samaritan HeartSpring wellness classes – a variety of classes, product, and private sessions focusing on the mind-body-spirit connection. Earn up to *30 Incentive Points* a year.
- Samaritan employee wellness program classes – a wide offering of classes. *2 Incentive Points* awarded for each class taken.

You can track your incentive points and shop rewards, all on the Stewardship website!

### Go to SHS Insider to learn more.

Select the SHS Stewardship link under "Wellness" on SHS Insider website to see what this exciting program is all about. Join nearly 2,000 of your fellow employees who have decided to take action. Become a Samaritan Stewardship member today!

