

Shine

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THE PEOPLE OF LINCOLN INDUSTRIES

HEALTHYU EXCEEDS EXPECTATIONS

Lincoln Industries people are finding that HealthyU has its benefits. Just ask Joel Kruse, a Solution Maintenance Technician.

"My son, Alex, had a swollen hand that he hurt playing football," said Joel. "When the swelling didn't go down, we decided to bring him to HealthyU. David Dick (HealthyU Physician Assistant) was able to tell us that Alex had a broken finger. He directed us to the least expensive place to get the finger x-rayed and a cast. Overall, it saved us the cost of a doctor's visit and what it would have cost to have his hand x-rayed and cast at a more expensive clinic. Today, Alex is back in action as a freshman on Raymond-Central's Junior Varsity basketball team.

"HealthyU was a good choice for us," said Joel. "Not only did Alex receive the care he needed for his hand, the service and staff at HealthyU were great. I'm sure David spent 30 minutes or more with Alex when we came in. You simply don't get that kind of attention when you go to a physician somewhere else. We really appreciated the service we received."

Joel is one of many Lincoln Industries people who have used HealthyU since

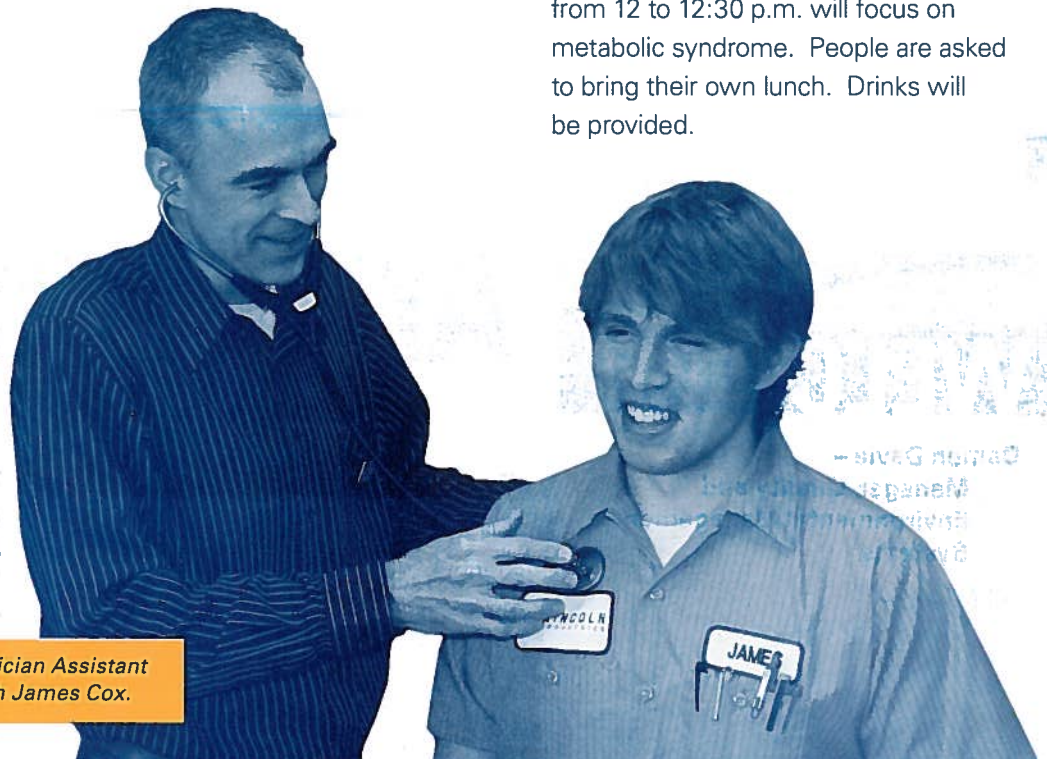
it was opened last August. According to Wellness Manager Greg Howe, the company is pleased with the utilization of HealthyU.

"Our visits are almost equally divided between people requesting health coaching and those needing immediate care for an illness," said Greg. "The most often seen patients are those with sore throats, fever and the aches and pains associated with living in Nebraska in winter. On average, HealthyU is seeing nine patients each day and more than 700 people have used HealthyU since we opened. That is the consistent use

we were hoping to see at HealthyU."

Greg said most health coaching has been to help people with smoking cessation, and methods for helping people control illnesses like asthma and high blood pressure. He also recommends those who are on the Lincoln Industries health plan to schedule and attend a Comprehensive Health Review to earn an additional \$250 contribution to your HRA.

Greg has also announced that David Dick will be offering "Lunch and Learn" seminars on a wide variety of health topics. The first, scheduled for February 8th in the Learning Center from 12 to 12:30 p.m. will focus on metabolic syndrome. People are asked to bring their own lunch. Drinks will be provided.



HealthyU Physician Assistant David Dick with James Cox.