



COX HEALTHPLANS
CoxHealth

e NEWS UPDATE

Dear Agents and Group Administrators,

Let's get 2011 off to a good "Start!" and join the Southwest Missouri Start! Heartwalk. See the attached flyer and link for more information. Hope to see you there!



[Click Here](#)

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JOIN THE **START!** HEART WALK SPRINGFIELD MISSOURI 2011



We are engaged in the health and wellness of our members, and hope you will join us in support of research and education that saves the lives of people everywhere!

Cox HealthPlans and the CoxHealth Corporate Wellness Department would like to encourage your participation in the Southwest Missouri **Start!** Heart Walk. This event is sponsored by the American Heart Association and will be held on Saturday, April 9th at Pediatrics Field on CoxHealth campus.

Start! is the American Heart Association's groundbreaking national campaign that calls on all Americans and their employers to create a culture of physical activity and live healthier lives through walking. Physical inactivity significantly increases the risk of cardiovascular disease, and **70% of Americans don't get enough exercise!** Therefore, it should be no surprise that cardiovascular diseases are **Americans' No. 1 killer** and a **leading cause of disability.**



If you have an employee wellness program, the **Start!** Heart Walk is a great event to kick-off a walking initiative while supporting the American Heart Association in the fight against heart disease.

To organize a **Start!** Heart Walk team at your place of business and join over 90 local businesses, contact Karl Schmidt at the American Heart Association by email at karl.schmidt@heart.org or call **417-881-1121**.



HEART WALK®

Feel free to contact your Cox HealthPlans Account Manager if you do not currently have an employee wellness program and would like information regarding these services.