

Campaign Name: Nov-Dec 2012 – Health Care Supporter Visit - Kickoff Email  
Segment: Client Employees  
Send Date: 1 week in advance of each site’s visit  
Version: BAS – 10/22/2012  
Subject Line Ideas: Your Health Care Supporter’s Visit Next Week **[INSERT APPROPRIATE DAYS]**  
Why Stress?  
I’ll Be Stressed for Christmas...  
Don’t Let Stress Ruin Your Holidays  
Rein Stress In  
A Lower-Stress Holiday Season  
What If It Doesn’t Get Done?

---

HCS Photo  
HCS Name  
Your Health Care Supporter

My next visit is:  
**FILL IN DATES**

Hi %%FirstName%%,  
Next week I’ll visit your location, on **[DAYS, DATES]**. I hope that we can chat.

This month, we want to help you minimize holiday stress. This time of year is very exciting... but it can also be very stressful: finding a great gift, getting holiday cards sent, and dealing with family relationships. Remember, good health starts with you, and there are simple steps you can take every day to reduce stress:

- Stick to your healthy eating plan, even when eating out or running errands. Pick up this month’s handout on **eating out** for some tips.
- Don’t expect too much from the holiday season. Advertising promotes creating the “perfect” holiday, but in most cases that’s unrealistic. The **stress in the holidays** handout has more information.
- Practice effective time management to get the most important things done. Learn how with the handout, **utilizing time management, reducing stress**.
- Keep the holiday pounds away by making smart food and beverage choices. Get a few tricks from our **holiday survival guide**.

This month we’re offering a drawing for employees who complete specific activities. Each activity earns 1 point, and each employee can earn up to 2 points. It’s easy and you could win a holiday cookbook or a spa-therapy stress relief kit!\*

- [Watch](#) this month’s online presentation before 5 PM Central Time on **[DAY,DATE]**.
- Call me to talk about health-related questions.
- Pick up one or more handouts, listed above, during my visit.

Please remember, I’m happy to talk about any health questions you have, confidentially and at no cost to you.

I wish you a happy and healthy holiday season!

%%FirstName%% %%LastName%%  
[PhoneNumber] ext. %%Ext%%  
%%EmailAddress%%

---

**Add to the footnotes, fill in the blanks, and add the hyperlinks:**

For all employees of Client who are not covered under a Company name health benefit plan, the Company Name Program is available to you at no additional cost as part of your Client employee benefits. If you are an employee of Client who is covered under a Client health benefit plan, the Company Name Program is offered to you, and your eligible dependents, at no additional cost as part of your Client health benefit plan.

\*The online presentation will be available to watch through 5:00 PM Central Time on **[DAY,DATE]**, for Client employees at these locations: [list]. One winner will be randomly selected from each location. The contest starts on **[DAY,DATE,TIME]** and ends on **[DAY,DATE,TIME]**. Winners will be determined on or around date, and will be notified approximately 21 days after being determined. Winners will have a choice of a holiday cookbook valued at \$25.00; or a spa kit valued at \$20.00.

The information provided herein is for informational purposes and is not a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. The Company Name Program will use or disclose the information you provide in furtherance of our services under the Company Name Program or, for employees of Client who are covered under a Client health benefit plan, other services as part of your health benefit plan.

In the future, all email communications from us will be sent to this email address. If you wish to change this address, please [click here](#) or call us at phone number.

Unsubscribe: If you prefer not to receive future emails from Company Name, please [unsubscribe](#).

Mail filter: If your Internet Service Provider filters incoming email, please add the following email address to your list of approved senders: [email address](#). This will ensure that you receive the email alerts and newsletters to which you have subscribed.

This email was sent by: company name, address, city, state, postal code.