

BENEFITS NEWS

February 2024

WAYS TO LOVE YOUR HEART

Take the time to manage your heart health to ensure better health outcomes. BCBS offers some simple ways to do just that! Click [here](#) to learn ways to improve your heart health.



VIRTUAL CHECKUP

An important part of heart health is knowing your numbers! A virtual checkup is a 100% virtual at-home health checkup that will provide you with insightful information about your health. Virtual Checkup is available to all employees and their dependents (18+) enrolled on one of Powell's medical plans. Click [here](#) to order your kit.



FITNESS PROGRAM

New, eligible members can sign up and save with waived enrollment fees for the Fitness Program. The enrollment fee of \$19 will be waived for new members who sign up from Feb. 1 to March 31, 2024*. To qualify for the waived fee, members will be asked to enter a coupon code WOTENROLL4FREE at the time of checkout. Click [here](#) for details.



HEART DISEASE PREVENTION

The changes that you make to your diet can have a profound impact to your overall health. Incorporate these eight changes with planning ahead and making substitutions. Click [here](#) to learn more.

**SIGN UP
NOW!**

Text **BENEFITS** to **833-234-9576** to receive text messages regarding important Benefits information.

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.