



SMP WELLNESS: DRIVE YOUR HEALTH FORWARD

COMING SOON!

Standard Motor Products cares about you and your well-being. That's why we've partnered with SimplyWell®, a workplace wellness provider, to design and offer you a program to promote and support healthy living!

Beginning 1/1/19, all health plan-covered employees are eligible to register for the program and begin participating. **SMP will ask that each employee take specific action toward their health and wellness in 2019 in order to avoid a premium increase in 2020.**

The purpose of these new requirements is to help encourage employees to obtain their annual physical in order to catch any health concerns early on. Establishing an ongoing relationship with a primary care physician is a great step toward taking control of your health!

WELLNESS AWAITS

SMP Wellness has a lot in store for you! Here's a snapshot:

- Get an analysis of your lifestyle habits and learn your risk level
- Learn about your overall health and take action toward a healthy lifestyle
- Set sustainable and realistic personal goals to work toward
- Participate in fun challenges, interact with co-workers, earn badges, and more
- Sync physical activity trackers and access health tools and educational resources
- Exercise and nutrition educational resources
- Personalized electronic Health Coaching

EXCITED?

So are we! Keep an eye out—more information about SMP Wellness is coming soon!

Take care of yourself, and we'll take care of you too.

NOTE: All programs are confidential and HIPAA-compliant. Any information shared with the SimplyWell team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

