

# Employee Benefits Advisor

Helping you get the most from your benefit plans.

## Blue Cross Blue Shield of Delaware Healthy Dividends Program

As your benefit advisor, RSI is committed to providing you with information on various programs that help you get the most from your benefit plans. Through the Healthy Dividends Program you can take advantage of the following discounts and reimbursements.



### ◆ Weight Loss Discounts

- ◆ FREE registration at Weight Watchers for you and any member of your family at participating locations
- ◆ 100% reimbursement for Weight Watchers weekly fees once you reach your goal weight and successfully maintain your weight loss for six months

To find a Weight Watchers location nearest you, call 1-800-651-6000.



### ◆ Smoking Cessation Discounts

- ◆ 100% reimbursement once you complete the American Lung Association's Freedom From Smoking program.

To find a location nearest you, request a class schedule, or register for the Freedom From Smoking program, call 1-800-LUNG-USA.



### ◆ Fitness Discounts

- ◆ 100% reimbursement for the cost of your fitness club membership when you participate in 120 forty-five minute cardiovascular workouts in a 12-month period (up to \$200 per BCBSD customer per 12-month period).

For more information on these programs visit the Blue Cross Blue Shield of DE website at <http://www.bcbsde.com> or contact their customer service department at 302-429-0260 or 800-633-2563.



If you have any questions about this topic you can contact your RSI Benefit Service Specialist at 1-800-394-6111.