



To: Eligible Health Plan Covered Employees

From: President Michael Benson

When we think about improving our health, we're often faced with a list of to-dos with big goals. We are excited that we all have the opportunity to change the way we think about our own well-being.

We're partnering with Viverae®, a leading wellness program provider, to bring the new Employee Wellness program to ECU. We will be equipped to make small health wins every day to live better now. Expect a personalized, engaging experience full of fun challenges to help you make healthy choices, plus a wealth of relevant health resources and activity-tracking capabilities.

The new wellness portal and disease management program will launch in August, 2017.

Your management staff will be right there with you, making healthy eating choices and getting active, to build healthy habits for life. We're ready to get started! Are you?

In Good Health,

A handwritten signature in blue ink that reads "Michael T. Benson". The signature is fluid and cursive, with a long horizontal line extending from the end.

