



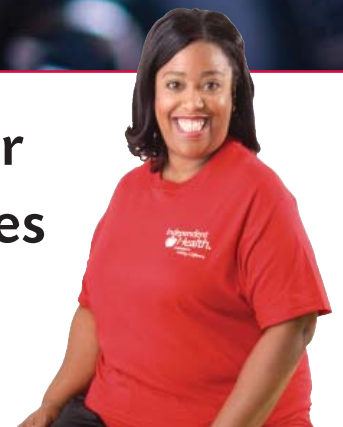
RedShirtSM Treatment.

It's What You Deserve.

Why I
Deserve the
RedShirt
Treatment.

\$0 copay for
Preventive Services

including Mammograms,
Colonoscopies, Cholesterol
Screenings, and More!





Your life.

It's busy. Every day it's a balancing act. Through it all, you focus on what's important. Your health. Your family. And your ability to provide them with the best you can.



You Deserve the RedShirt Treatment.®

You deserve a health plan that works as hard as you do. A plan that respects your time and understands that you want the health coverage and support you need, when you need it.

We're here for you. When you need answers, you'll get them, the first time you call.

- Registered nurses are available 24/7 to answer your urgent calls.*
- Health Coaches are available every day to discuss any health topic with you.
- Member services representatives are here to answer your benefit-related questions.
- Live nurse chat is available on our Web site anytime – day or night.

\$0 Preventive Care Office Visits – NEW!

Beginning January 1, it's easier than ever for you to be proactive in maintaining a healthy lifestyle. Independent Health is now offering \$0 copay on preventive services including:

- Mammogram
- Bone density screen
- Pap smear
- Physical exam
- Cholesterol test
- Lead screening
- Immunizations
- Colonoscopy
- And more

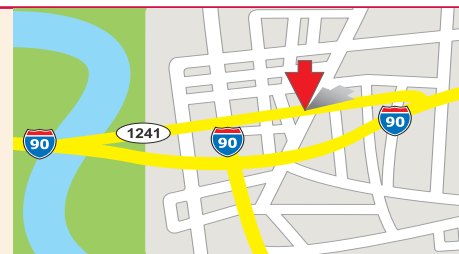
Because nothing is more valuable than your health.

For more information, visit us online at redshirrtreatment.com.

Enter to Win a Garmin® GPS Navigation System!

To say thank you for your continued membership, we're giving you the chance to enter to win a Garmin® 260 GPS Navigation System (retail value: \$249). It's a great companion to help you get where you're going with a little less stress!

To enter, simply complete and return the reply card on the back cover or visit us online at redshirrtreatment.com.



GPS Features

- 3.5" color LCD touch screen
- Pre-loaded North America map system
- Turn-by-turn, voice-prompted navigation
- Up to five hours continuous use with rechargeable lithium-ion battery

And much more!



PLACE
STAMP
HERE

*Complete the entry
form on the reverse
side for your chance
to win a Garmin® 260
GPS Navigation System.*

**“You Deserve the RedShirt Treatment®”
Garmin® GPS drawing**

**Attention:
Communications Department
777 International Drive
Buffalo, NY 14221**



Independent Health RedShirts invite you to get

Down with Cholesterol

sponsored by Independent Health

Independent Health RedShirts will be looking for you at area malls, inviting you to take the “Down with Cholesterol” challenge! Learn how you can make a real difference in your cholesterol by making a few simple changes. From making heart-healthy meals to snacking on pretzels, our RedShirts are here to help!

Listen to your favorite radio stations or visit us online at redshirrtreatment.com to find out which mall we'll be at next.

You could win:

- RedShirt T-shirts
- Gift certificates to a Healthy Options restaurant

And be entered to win our grand prize:

- \$500 grocery shopping card

No purchase necessary. Contest rules apply.

*24-Hour Medical Help Line should not be used for diagnosis or as a substitute for a physician.
Benefits vary by plan. © 2008 Independent Health Association, Inc.



Yes! Enter me in the "You Deserve the RedShirt Treatment[®]" Garmin[®] GPS drawing.

Name _____

Address _____

City _____ State _____

Zip Code _____

*No purchase necessary.
Entries must be received by December 31, 2008.
Official rules available online or at Independent Health office.*



*Remove
completed entry form,
add a stamp, and drop
in the mail. Good luck!*

**Get Down With
Cholesterol and You
Could Be the Next
RedShirt Winner!**

See inside back cover!

**Down
with Cholesterol**

sponsored by Independent Health



Postmaster: Please deliver between
October 6 and 10.

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www.independenthealth.com

healthstyles

The Wellness Magazine for
Independent Health Members

JILL SYRACUSE
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Editor

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