

Your wellness toolkit

Boeing provides many resources to help employees maintain and improve their wellness. Here's a look at some of the many opportunities available

COMPILED BY DEBBY ARKELL, MARIBETH BRUNO AND JUNU KIM

What's in your toolkit? To help you take care of your on-the-job tasks, maybe your toolkit has drills and rivets. Or perhaps your main tool is a computer and software such as a computer-aided design program or a spreadsheet program.

Now, how about the tools you use to tackle another important job—taking care of yourself?

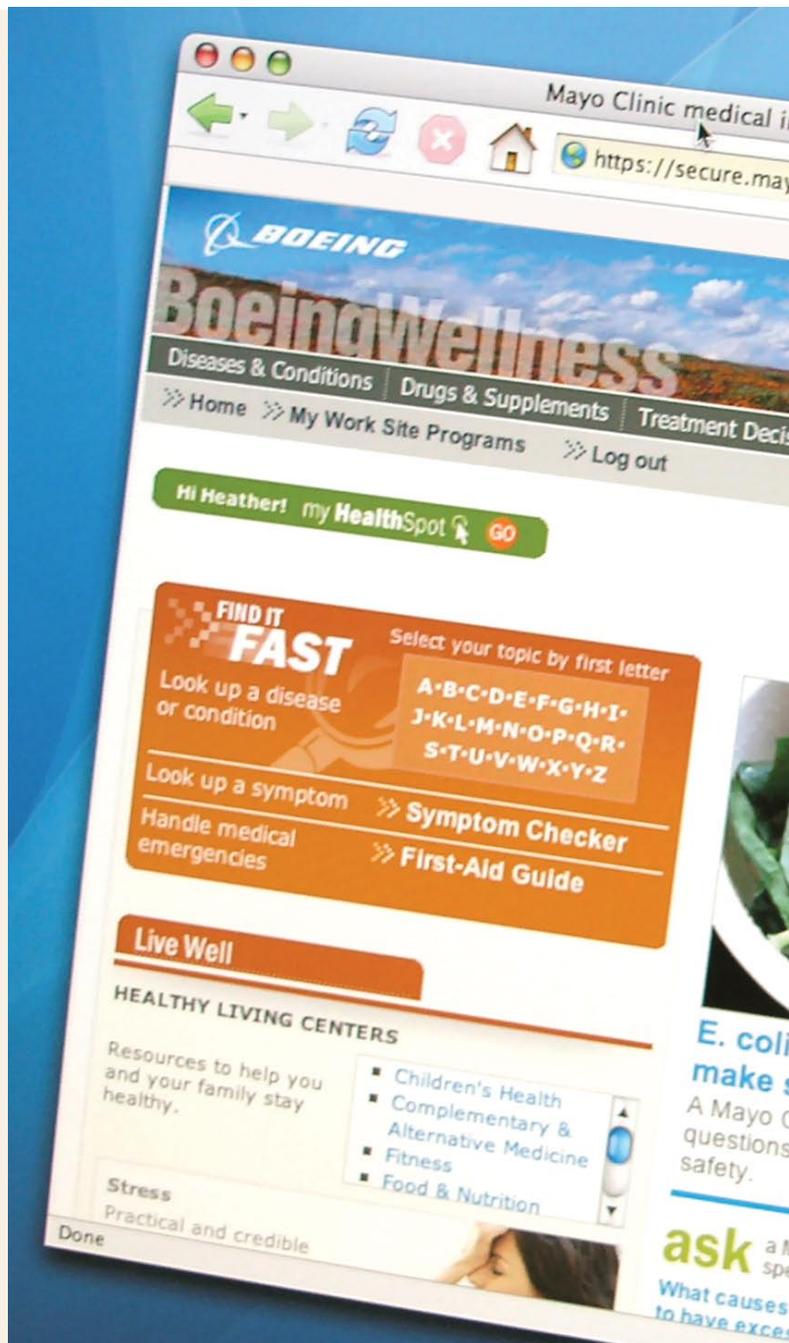
If you're looking for resources to support your state of well-being, Boeing provides employees like you a wealth of tools to help you maintain and improve your wellness. Some of these tools are targeted at your physical well-being, while others are meant to help put your mind at ease. What's more, many of these tools are available at little or no cost.

"Boeing offers these resources to help you focus on the wellness of you and your family members," said Rick Stephens, senior vice president of Human Resources and Administration for Boeing.

"When you're well, you can be more productive at home and at work—and you might even be able to avoid longer-term health issues and health care costs," Stephens added. "Managing long-term health care costs is beneficial for you, and it also can help Boeing remain competitive in the market. And a more-competitive Boeing is good news for all Boeing stakeholders, including employees and their family members."

How good is Boeing's collection of wellness tools? The National Business Group on Health this year named Boeing as one of the winners of its Best Employers for Healthy Lifestyles awards. The organization presents these annual awards to employers that have demonstrated ongoing commitment to the health and well-being of their workers and families.

Here's a look at some of the many options Boeing makes available for you to use as part of your wellness toolkit.



1 www.BoeingWellness.com

A wealth of tools and resources to help you feel your best is just a mouse click away. With content powered by the world-renowned Mayo Clinic, www.BoeingWellness.com delivers detailed, reliable health information on virtually any health-related topic to employees and their families. The site features dynamic online tools—including an interactive Symptom Checker and the brand-new My Stress Solutions program—along with delicious and nutritious recipes and health-related news about local site-based programs and services. Access to the site is free, secure and confidential and can be a key component of any employee or family member's wellness plan. It's a great place to start!

The Web site www.BoeingWellness.com offers Boeing employees information on almost any health-related topic.



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The BoeingWellness Health Letter offers information that's customized for the Boeing audience and is mailed each month to employees' homes.

2 BoeingWellness Health Letter

Talk about a special delivery. The BoeingWellness Health Letter is mailed monthly to employees' homes. Created by Mayo Clinic and customized for the Boeing audience, this colorful and entertaining newsletter complements available Web-based information and resources. It includes practical information on various wellness topics, tips for healthy living, and inspirational stories and quotes. Back issues are available online at www.BoeingWellness.com.

3 Health Risk Assessment

How well do you know yourself? The Mayo Clinic Health Risk Assessment is an interactive tool offered on BoeingWellness.com each year. Participants complete the HRA in Mayo Clinic's confidential, secure online environment, entering information such as blood pressure, cholesterol, and dietary and fitness habits. They then receive a Personal Health Report designed to help them understand potential risk areas and develop an action plan for making life-enhancing changes. Depending on participants' HRA results, they may also be offered six months of free one-on-one professional coaching for exercise, nutrition, weight or stress management from a Mayo Clinic Advisor. This clinically-tested program features private telephone sessions with trained coaches.



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4 Weight management tools

Don't wait! A wide variety of **weight management tools** are available to Boeing employees and their family members through www.BoeingWellness.com. Some are free; others involve a weekly or monthly fee, though

usually discounted from typical public rates. Tools and services available to all include Weight Watchers Online and the Online Mayo Clinic Healthy Weight Program. Some Boeing sites also offer Weight Watchers at Work; check BoeingWellness.com to find out if this program is active in your area. BoeingWellness.com also provides links to on-site fitness centers and online fitness program tools, as well as information about discounts on fitness equipment, gym memberships and some Boeing recreation clubs. All these tools can work together to contribute to helping employees achieve a healthy weight and lifestyle.

5 Employee Assistance Program

We all encounter difficult situations. Thankfully, the **Employee Assistance Program** is there to help you and your family members when a little extra support is needed. The EAP is a confidential service that connects Boeing employees and their families with experienced counseling professionals for help with personal issues.

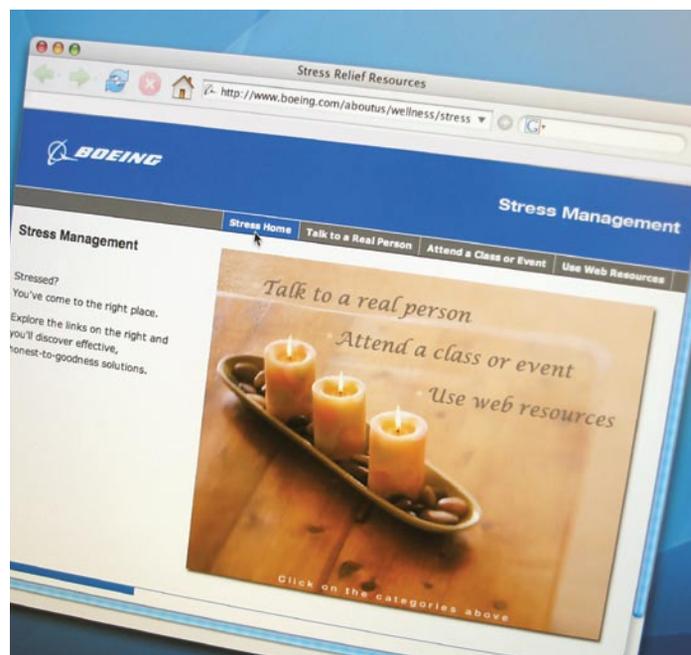
Counseling services are available to all employees and their eligible dependents in the United States at no cost for up to six sessions per issue each year. EAP also offers legal counseling, providing a free 30-minute consultation with an attorney and subsequent reduced rates. Financial counseling with a financial professional also is available by phone. For more information about the EAP, employees in the United States should call 866-719-5788 toll-free or visit <http://eap.web.boeing.com> on the Boeing Web. International employees should call Canada collect at +1-905-270-7658 or visit <http://eap.web.boeing.com/international> on the Boeing Web.

6 Family Care Resources

Companies that provide services such as elder care intend to make life easier for you. Isn't it ironic that finding such a provider can be difficult? That's where **Family Care Resources** comes in. Family Care Resources provides free, confidential referral services for Boeing employees, retirees and their family members, helping them find a variety of services including day care, family care, elder care—and even household services such as home improvement contractors and pet-care specialists. The experienced specialists of Family Care Resources are available 24 hours a day, seven days a week. Visit <http://familycare.web.boeing.com> on the Boeing Web to learn more; U.S. employees can also call 800-358-8515.

7 Stress Management Web site

Are you just plain stressed out? Visit the **Stress Management Web site** at <http://www.boeing.com/stressmanagement>, where since May 2006 Boeing employees and family members have been experiencing “one-stop shopping” for all the stress-related resources Boeing offers. Phone numbers and links to online resources lead visitors to services such as professional counseling through the Employee Assistance Program, Mayo Clinic one-on-one stress-management coaching, qualified referrals for stress-busting services such as child care and elder care, and an assortment of classes and seminars. All services are confidential and free of charge to eligible Boeing employees and family members. Help is available 24 hours a day, seven days a week.



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The Stress Management Web site on Boeing's World Wide Web site leads employees to the stress-related resources provided by the company.



9 Flu prevention programs

Show the flu who's in charge by taking advantage of Boeing's **free flu shot program and self-care tips**. Each fall, Boeing offers free flu shots to employees at company sites across North America. For schedules and locations, visit www.BoeingWellness.com in the fall and look for the Flu Prevention icon. The Flu Prevention Program Web site includes links to a schedule of flu-shot events; a consent form to fill out in advance; and recommendations on hand-washing and other ways to avoid illness. BoeingWellness.com's Flu Center (look up "flu" under "Manage a Condition") explains the causes and symptoms of flu and offers prevention and treatment tips.



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BoeingWellness: By the numbers

How successful are some of Boeing's wellness programs? Here's a look at some recent outcomes.

8.7 million Number of visits to BoeingWellness.com in 2005

175,000 Approximate number of individuals registered on BoeingWellness.com

80,000 Number of individuals (employees and spouses/domestic partners) who completed the online health risk assessment in 2006

15,000 Estimated number of enrollees in a Mayo Clinic coaching program following completion of the health risk assessment in 2006

8,100 Approximate number of participants in Free & Clear Quit For Life, Boeing's free quit-tobacco program, since its inception in November 2002

83 Percentage of respondents who used a Mayo Clinic Nutrition Advisor in 2005 and said they lost weight and maintained weight loss*

70 Percentage of respondents who used a Mayo Clinic Stress Advisor in 2005 and said they experienced less stress-related physical symptoms*

* Results are based on a self-report survey of 3,769 program participants. Enrollees who participated in the program reported these conditions during a six-month outcomes assessment call.

The Oxbow Fitness Center in Seattle is one of many facilities across Boeing where employees can use exercise equipment such as treadmills.

8 Exercise opportunities

Let's get moving! Boeing makes it convenient—and affordable—to get some **exercise**. Many Boeing facilities have health & fitness and activity centers on site for employees to use; in some cases, they're also open to employees' family members. Find a fitness center in your region and its rates at <http://companyfitness.web.boeing.com>. Also, Boeing families in some parts of the United States can save up to 65 per-

cent when they join a fitness club by purchasing their memberships through GlobalFit, a company that negotiates discounted prices with commercial health clubs. See <http://companyfitness.web.boeing.com/globalfit.htm> on the Boeing Web for more information. And don't forget to check out exercise opportunities and fitness tools on www.BoeingWellness.com.

Quit For Life gives 'wonderful' feeling

Jackie Wong is a Shared Services Group Health Services support administrator at Boeing's Renton, Wash., medical clinic. She's worked in hospitals and doctor's offices. Yet she was a cigarette smoker from 1985 until earlier this year.

"I worked in a [nonmedical] office where there was smoking, and that gave me a craving," Wong explained.

Usually, she hid her habit from co-workers, which was her first clue that she should quit. "If you're embarrassed about it, you know it's not good for you," she said.

Family illnesses and deaths in 2005, combined with her own rapid heartbeat, convinced Wong that she needed to stop smoking to protect her health. She had never made a sustained effort to kick the habit.

Wong called 866-QUIT-4-LIFE (784-8454) in January and spoke with a Free & Clear Quit For Life counselor. The counselor chose a package of materials for Wong that included nicotine patches and informational CDs.

"As soon as I got them I started, and I was done in February," Wong says. "I put some effort and time and energy into it, and it worked just fine."

The best parts of the Quit For Life program, Wong said, were "free products in the mail, and nice counselors to talk to. They said I could call them anytime, which I did twice for a little more information. The CDs were wonderful—they gave me a lot of information and helpful tips—and [the counselors] reviewed things with me."

Wong, who said she feels "wonderful" now, described Quit For Life as "an easy thing to do. I just think people should give it a chance, take advantage of it. It's one of the benefits the company offers."

—Maribeth Bruno

Jackie Wong used the Free & Clear Quit For Life smoking-cessation program to give up cigarettes. She said the program was "an easy thing to do."



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Free & Clear Quit For Life—a quit-tobacco program

Trying to give up tobacco? Boeing offers **Free & Clear Quit For Life**, an award-

winning program that gives participants a coach to cheer them on and offer advice through a 12-month quit-tobacco plan. The program includes free nicotine replacement therapy products (if recommended), one-on-one telephone support from a specialist Quit Coach, online progress tracking and discussion forums, and milestone certificates. Quit For Life is available free of charge to employees (as well as spouses, domestic partners and dependents over the age of 18 enrolled in a Boeing health plan). To learn more or get started, visit <http://www.freeclear.com/boeing> or call 866-QUIT-4-LIFE (784-8454).

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Physical exams

Numerous news reports have touted the benefit of **regular physical examinations**. Through these exams, you and your doctor can discuss your state of health, identify potential risk areas and develop a plan to minimize these risks.

Boeing recognizes how important preventive exams can be to your overall health and has designed its health plan options to include preventive-care benefits. If you or your dependents are covered by a Boeing medical plan, you are likely eligible to receive preventive-care exams—often at low or no cost. For more information, review your health plan benefits online at Your Benefits Resources through TotalAccess (by clicking the Health & Insurance Plans quick link). Or call TotalAccess at 866-473-2016 and, when prompted, say Health and Insurance.

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Care management

Some of us may have conditions that require long-term care. Most of Boeing's health plans offer **care-management programs**, which provide personalized education and support for people with chronic conditions such as asthma, diabetes or coronary artery disease.

Care-management programs are administered by Boeing's health plans, and participation is voluntary and confidential. Boeing doesn't have access to any patient's health data. To learn what your medical plan offers, call your plan through Boeing TotalAccess at 866-473-2016.



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Maggie Surges (left), Health, Fitness, and Wellness Coordinator at Corporate Offices in Chicago, reviews cardiopulmonary resuscitation techniques with Arlene Buchanan, office administrator. Most Boeing sites offer CPR and first aid training.

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First aid techniques

In emergencies, knowing **basic first aid techniques and cardiopulmonary resuscitation** can make a major difference. The immediate use of CPR after a person suffers sudden

cardiac arrest can potentially double a victim's chance of survival, according to the American Heart Association. Most Boeing sites offer CPR and first aid training; check with your location's Health and Fitness Center and/or Security and Fire Protection office to learn more. (If training isn't available at your site, check with contacts in your hometown. Try your local fire department, or the local chapters of American Red Cross or the American Heart Association.) On a related note: Do you know what your worksite's emergency phone number is? Contact your Security and Fire Protection focal to get it—and to learn more about what to do in an emergency.

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International travel preparations

As a global company, many Boeing employees leave their current home countries to travel afar in support of business programs and customers. If you're going abroad, it's important to be aware of your personal health status and any health concerns at your international destinations. Indeed, you may need an examination, immunizations or special medications (think malaria pills!) before you leave. Or you may need to bring enough of your usual prescriptions to last for your stay. **Boeing International Health Services** is there to help you out before, during and after your trip—so contact them early in your travel planning. This organization provides a number of services to help you with safe, healthy travel and successful international living experiences. To learn more, visit <http://companymedical.web.boeing.com/international> on the Boeing Web, or call them at 425-234-0537.



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