



## Our Mission Statement

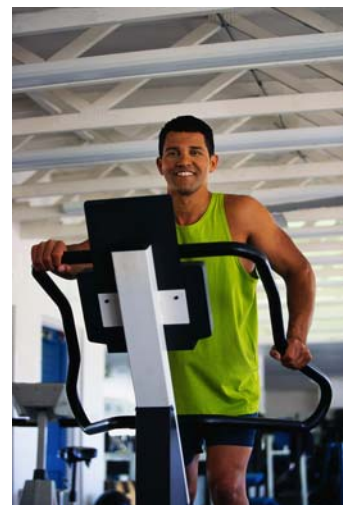
Hancock Lumber places great value on the health and well being of its employees. The company is committed to supporting the employees and their families by providing valuable information and resources should they choose to pursue healthier lifestyle choices.

It is the goal of this program to help influence those interested employees and their families in a manner that will enable them to identify and understand health risks. To then provide them access to educational information and resources to help them develop plans and be motivated for changes required to meet their personal health goals.

The Choose Health Program has been designed in sincerity to help our Hancock Lumber families to better understand their health options so that they may possibly lead healthier, livelier and more productive lives both at home and at work.

***Employees receive periodic Choose Health newsletters and are invited to join in Lunch & Learns when scheduled at all locations.***

- Provide support to live an Active Lifestyle
- Partnership with Harvard Pilgrim –members can receive a Fitness reimbursement worth \$150 per year
- Choose Health Champions will provide support to all employees to obtain their goals
- Blood Pressure and cholesterol screenings
- Education and support for anyone trying to reduce or stop using tobacco products
- We try to offer healthy food choices in our vending machines and at on-site meetings.
- Education toward appropriate use of self-care



**CHOOSE HEALTH ~ Our journey to healthy living**