



Swanson employees and spouses

WIN GREAT PRIZES!



Flat Screen TV*



Vacation voucher Worth \$1500*



ATV*

**Two chances to win each!
 Take the survey and go to the health screening!**

*Prizes subject to taxes.

Get \$50 in gift cards just for participating

\$25

\$25 gift card
 For taking the health survey

\$25

\$25 gift card
 For going through the health screening

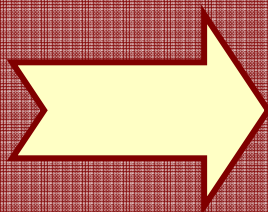
All information shared is **CONFIDENTIAL**, Swanson will not know your individual results.

How do I get these?

Step One: Sign up and go to health screening in November. Look for details at your site.

Step Two: Take the online health survey at www.wellness.swansongroupinc.com/healthsurvey

IMPORTANT
 You will need!



Wellness Number

Employee: Insurance ID number

Spouse: Employee's insurance ID number with 'S' added to end.

For example: Employee 12345, Spouse 12345S

Password: swanson

(you will have the opportunity to change password at first log in)

Not sure? Call 1-800-941-5590

Want to know more about the survey or other wellness services?

Check out www.wellness.swansongroupinc.com or call Andy at 503 201-7934 or 541 832-1655.