



Southwestern Minnesota Synod  
Evangelical Lutheran Church in America  
God's work. Our hands.



Can you believe it? Sesame Street turned 40 in November! I'm guessing that some of you grew up with those lovable characters; others, like me, introduced them to your children. Now they have reached the big 4-0!

What does Sesame Street have to do with the health assessment? Well, for one thing, they are both educational. On Sesame Street we learned about letters and numbers, we learned how to get along, and the newer programs even talk a bit about taking care of yourself (yes, Cookie Monster now admits that cookies are a "sometimes food.") You can learn from completing the health assessment, too. For example, you may find that you could benefit from exercising more or reducing the stress in your life. Or, your results may confirm that you're on the right track with a healthy lifestyle. Either way, you can spend a few minutes in front of a screen (computer, not TV), answer a few easy questions, and review the results. Almost as much fun as watching Big Bird.

Second, you can earn a \$150 credit in your personal wellness account; money that can be used to reimburse eligible health expenses in 2010.

Third, you will help our synod earn a 2% discount on the cost of health insurance.

There you have it. Three good reasons to complete the health assessment. Easy, just like Sesame Street.

By the way, this year's health assessment "campaign" is

**brought to you by the number 3.**

Stay tuned for more . . .

Surrounded by God's love and laughter



---

The [2010 Health Assessment](#) will be available as of January 1, 2010. Start the New Year off right by completing it.