



## 2010 Wellness Program Documentation Form Submit a Health Article

The following is to document your submittal of a health article for the Premier Company Newsletter. The article should address ways to improve one's health and lifestyle in the areas of fitness, nutrition, weight management, smoking cessation, stress management, etc. Final determination on whether the article the article is acceptable and is eligible for an incentive/prize will be made by the Premier Wellness Coordinator. A person can qualify for an incentive/prize with no more than two accepted articles in the wellness year.

Employee Name (please print) \_\_\_\_\_

Name of Article \_\_\_\_\_

Attach a copy of the article with this form, or provide the website address in the space listed below.

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_