

How do I enroll for 2009? It's simple.

If you're an employee:

- Starting November 1, 2008, visit the Lean You! section on InsideQuad, your Employee Homepage. Click on the "Enroll in Lean You! 2009" link to get started with the enrollment process.
- If your spouse has never been a Lean You! participant, you can invite him or her to become one. From the Lean You! page on InsideQuad, click on "Enroll Your Spouse." You will be prompted to provide your spouse's email address. The Lean You! Team will send your spouse directions via email on how to create an account and begin the enrollment process.

If you're the spouse of an employee:

- If you were enrolled in Lean You! for 2008 or before, you can re-enroll for 2009 through your Lean You! account on QG.com starting November 1, 2008. From QG.com, click the "Employee Login" link in the upper right-hand corner and select "Lean You!" to log on. You will need the username and password you were assigned when you first enrolled.
- If you are new to the program, your spouse (the employee) will have to invite you to enroll. When your spouse (the employee) clicks on the "Enroll Your Spouse" link, they will need to provide your email address. The Lean You! Team will email you directions on how to get started.

Your Lean You! Checklist: What is it for?

Your Lean You! Checklist outlines your progress in Lean You! throughout the year. If you're an employee, you can access the Lean You! Checklist through the Lean You! section on InsideQuad. You will need your Windows username and password, as well as your PIN (the last four digits of your Social Security number) to log on. If you're a spouse, you can access your Lean You! Checklist through QG.com. Click the "Employee Login" link in the upper right-hand corner and select "Lean You!" to log on. You will need the username and password you were assigned before enrolling.

Contained within the program you will find:

- Whether you qualified for a healthcare premium reduction, and at what level.
- Your accumulated point total based on which of the Lean You! criteria you have met.
- Your weekly activity average, tracked by iFIT.
- Any points you may have accumulated by taking optional wellness classes.

Additional forms and links you may need:

- The **Lean You! Evaluation/Physical Verification Form**, to be filled out by an outside medical provider if you do not use QuadMed.
- The **Wellness Education Verification Form**, to be filled out when you take a wellness-related class outside of Quad/Graphics.
- A listing of available wellness classes.
- A listing of Lean You! resources.

What are age- and gender-appropriate screenings?

The age/gender screening requirements vary by patient. During your Lean You! Evaluation/Physical, your medical provider may recommend one or more health screenings based on your age, gender and/or family history. Some examples of age- and gender-appropriate screenings:

- Cervical Cancer Screening
- Colon Cancer Screening
- Breast Cancer Screening
- Prostate Cancer Screening

What is iFIT and how do I use it?

iFIT is the online program you use to track your activity as it counts toward Lean You! If you're an employee, you can access iFIT through the Lean You! section of InsideQuad (use your Windows username and password to log on). If you're a spouse, access iFIT through your Lean You! account on QG.com.

You're required to log your daily activity within 30 days. iFIT will calculate your weekly average activity and update your Lean You! Checklist when you record the following:

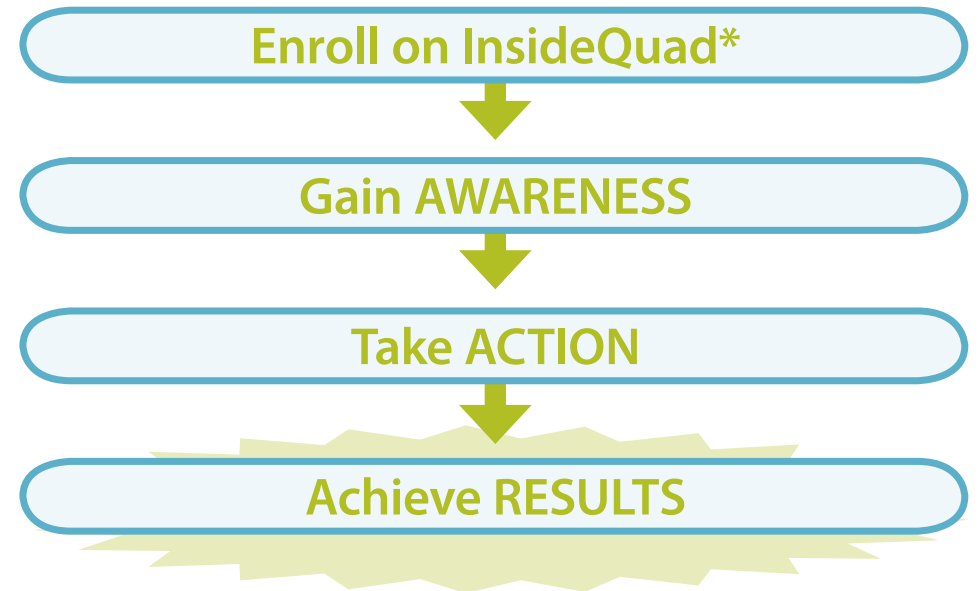
- The activity you performed. (A dropdown menu lists the activities that count toward Lean You!)
- Where you performed your activity. (It does not have to be at a Quad Fitness Center. However, when you work out at a Quad Fitness Center, swipe your Quad/Card at the iFIT kiosk when you start and when you finish; the activity will be logged for you.)
- The duration of the activity. (You must have performed the activity at least 30 minutes.)

What activities count?

The following are examples of activities that count toward Lean You! Find the complete list of approved activities in iFIT.

- | | |
|----------------------|-----------------------|
| Aerobics | Mountain Climbing |
| Archery | Orienteering |
| Auto Racing | Paddle Ball |
| Backpacking | Paintball |
| Baseball | Pilates |
| Basketball | Polo |
| Biking | Racquetball |
| Bowling | Rock Climbing |
| Boxing | Rope Jumping |
| Calisthenics | Rowing |
| Canoeing | Rugby |
| Circuit Training | Running |
| Cricket | Sailing |
| Croquet | Scuba Diving |
| Cross Country Skiing | Skateboarding |
| Curling | Skating |
| Curves | Skiing |
| Dancing | Sledding |
| Disc Golf | Snowkiting |
| Diving | Snowshoeing |
| Elliptical Machine | Snow Shoveling |
| Fencing | Soccer |
| Field Hockey | Softball |
| Figure Skating | Spinning |
| Fishing | Squash |
| Football | Step Machine |
| Frisbee | Stretching |
| Gardening | Surfing |
| Golf | Swimming |
| Gymnastics | Table Tennis |
| Handball | Tai Chi |
| Hiking | Tennis |
| Hockey | Track & Field |
| Home Repair | Trampoline |
| Horseback Riding | Trap & Skeet Shooting |
| Horseshoe Pitching | Volleyball |
| Hunting | Walking |
| Inline Skating | Water Aerobics |
| Jai Alai | Water Polo |
| Kayaking | Water Skiing |
| Kickball | Weight Training |
| Kickboxing | Whitewater Rafting |
| Lawn Bowling | Wind Surfing |
| Lawn Mowing | Wrestling |
| Lifting/Hauling | Yoga |
| Martial Arts | |

Being healthy pays, at least at Quad/Graphics. When you choose to participate in Lean You!, our health and wellness incentive program, you have the opportunity to become a healthier *and* wealthier you!



YOUR HEALTHCARE PREMIUMS AND LEAN YOU!

IN ADDITION TO OFFERING YEAR-END CASH INCENTIVES OF UP TO \$400 PER ENROLLEE (THAT'S \$800 FOR AN EMPLOYEE AND THEIR SPOUSE), LEAN YOU! REWARDS YOU FOR MAKING HEALTHY LIFESTYLE CHOICES BY GIVING YOU THE OPPORTUNITY TO SAVE ON YOUR HEALTHCARE PREMIUMS.

NOTE: ONLY EMPLOYEES QUALIFY FOR THE PREMIUM REDUCTION PROGRAM AND ONLY ONE REDUCTION WILL BE GIVEN PER HOUSEHOLD.

\$2/Week Savings

+

\$8/Week Savings

=

\$10/Total Weekly Savings

Qualify for a Level 1 premium reduction of \$2 per week when you enroll in the program.**

Attest during the enrollment process to being tobacco-free for at least 30 days and you will be eligible for an additional \$8 off your weekly premium. The Level 2 premium reduction of \$10 per week is a savings of \$520 annually.***

* Find instructions for enrolling on the back.

** Applies only to new enrollees and re-enrollees who have completed their 2008 Health Evaluation/Physical that was a condition of receiving the premium reduction in 2008. If you were enrolled in Lean You! for 2008 and have not yet completed the Health Evaluation/Physical you committed to have in 2008, you will still be eligible to enroll and participate in Lean You! for 2009. However, you will not be eligible for the 2009 premium reduction until you have had the 2008 Health Evaluation/Physical completed by your medical provider and recorded on your Lean You! Checklist. (Once your 2008 Health Evaluation/Physical is complete, the premium reduction for 2009 will be applied to your next available paycheck; it will not be retroactive.)

*** You can still enroll in Lean You! if you are not tobacco-free. You can qualify for the Level 2 premium reduction anytime during the year once you have been tobacco-free for at least 30 days. You would simply sign a Tobacco Attestation form available through any Fitness Center or Employee Services or by emailing leanyou@qg.com. The full \$10 premium reduction will be applied to your next available paycheck. (The premium reduction is not retroactive.)

Questions?

leanyou@qg.com
414-566-6400

ESConnection@qg.com
1-866-ASK-ESES

Enroll on InsideQuad

BEFORE YOU CAN BECOME HEALTHIER AND WEALTHIER, YOU'VE GOT TO ENROLL.

Full-time employees and their spouses are eligible. You can enroll online at any time during the year. Participants are encouraged to re-enroll during the Open Enrollment period for benefits. New employees can enroll at orientation.

By enrolling, you are committing to having a Lean You! Evaluation/Physical sometime before December 15, 2009. Failure to do so means you won't be eligible for a year-end cash incentive or for continued healthcare premium reductions in 2010.

Gain AWARENESS

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE, WHICH IS WHY LEAN YOU! REQUIRES YOU TO TAKE STOCK OF YOUR HEALTH.

During your Lean You! Evaluation/Physical you should have your medical provider record your weight, as well as test your blood pressure, cholesterol and blood sugar. Your provider also may recommend various health screenings based on your age, gender and/or family history.

While participating in Lean You!, your progress will be recorded on your Lean You! Checklist, accessible online. If you visit a QuadMed clinic, your medical provider will update your Lean You! Checklist. If you're not using a QuadMed clinic, be sure to take the Lean You! Evaluation/Physical Verification Form with you for your medical provider to complete. You can print a copy from your Lean You! Checklist or pick one up in Employee Services.

When you go to a QuadMed provider or see a Level 1 provider for your Lean You! Evaluation/Physical, you won't pay any co-pay or deductible for the basic health evaluation.

Take ACTION

LEAN YOU! REWARDS YOU FOR MAKING HEALTHY LIFESTYLE CHOICES.

Qualify for cash incentives at year's end by taking steps to:

- Be tobacco-free
- Manage your weight
- Maintain or reach healthy levels for blood pressure, cholesterol and blood sugar as well as have any health screenings recommended by your medical provider.
- Be active

Achieve RESULTS

FULLY PARTICIPATE IN LEAN YOU! THROUGHOUT THE YEAR, AND YOU'LL NOT ONLY GET HEALTHIER, YOU'LL QUALIFY FOR CASH INCENTIVES.

You can earn a maximum of 325 points for meeting Lean You! criteria in 2009. Your point level at year's end will determine which of the three levels of achievement awards you'll receive.

Earn 300 points or more* = \$400

260-299 points = \$175

225-259 points = \$50

Those who qualify for an award will be paid at the beginning of 2010. Employees can choose to receive their award as a taxable addition to their paycheck or, if they are enrolled in a healthcare flex spending plan, as a non-taxable addition to their plan. Spouses will receive their award in taxable cash paid out to the employee's paycheck.

**Winners in this tier will also be eligible for a year-end drawing for a family Disney vacation for four.*

Tobacco



GOAL: REMAINING OR BECOMING TOBACCO-FREE
(MAXIMUM POINTS POSSIBLE = 100)

Tobacco-free means you have not used tobacco products for at least 30 days. If you attest to being tobacco-free when you enroll and remain tobacco-free all year, you meet this requirement.

If you start out the year as a tobacco user but quit by July 15, 2009, fill out a Tobacco Attestation form (available in Employee Services or any Fitness Center or by emailing leanyou@qg.com). Verifying that you have been tobacco-free for 30 days or longer and you will earn the full 100 points in this category.*

* Note: You can still qualify for the Level 2 premium reduction if you quit after July 15, 2009; however, you won't receive the points toward your Lean You! total.

Random tobacco screenings will be conducted throughout the year. If you are using a smoking-cessation aid (and therefore still have nicotine in your system), you will be considered "tobacco-free" if you are actively working toward becoming permanently tobacco-free.

If you're a tobacco user and don't quit at anytime throughout the year, you can still earn 100 points but you'll have to:

- Double your activity requirements, and
- Attend two smoking cessation sessions.

Weight Management



GOAL: ACHIEVING AND MAINTAINING A HEALTHY WEIGHT
(MAXIMUM POINTS POSSIBLE = 75)

The program uses the body mass index (BMI), a weight-to-height ratio, as the standard and defines a healthy weight as a BMI between 18.5 and 26.99.

Your BMI will be calculated during the enrollment process. If your BMI is already within a healthy range, you just need to maintain it.

If your BMI is near or above 26.99, schedule a weight confirmation with a member of Fitness, Rehab or Dietary as soon as possible so they can set a 10% weight-loss goal for you. You will then be able to earn points based on how much weight you lose during the year. If you have a weight-loss goal, you will need to confirm your weight again by year's end, which you can do during your Lean You! Evaluation/Physical with your medical provider or through a separate weigh out with a member of Fitness, Rehab or Dietary.

Weight Management Goals	Points Possible
If you were at and maintained a healthy BMI throughout the year	75
If you achieved 100% of your weight-loss goal by December 15, 2009	75
If you achieved 75% of your goal	50
If you achieved 50% of your goal	20

Wellness Classes (optional)



GOAL: LEARNING MORE ABOUT HEALTHY LIFESTYLE CHOICES
(MAXIMUM POINTS POSSIBLE = 20)

Earn up to 20 additional points by attending QuadMed-approved wellness education classes during the year. You can earn five points per class, up to four classes. View a listing of available wellness classes through your Lean You! Checklist.

Lab Tests & Screenings



GOAL: MAINTAINING OR REACHING HEALTHY LEVELS FOR BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR, AS WELL AS HAVING ANY AGE/GENDER SCREENINGS RECOMMENDED BY YOUR MEDICAL PROVIDER
(MAXIMUM POINTS POSSIBLE = 80)

Results from your Lean You! Evaluation/Physical will tell you whether you already meet the criteria for this category, or whether you have work to do.

Don't let higher-than-acceptable levels in your lab tests discourage you. Depending on when you schedule your Lean You! Evaluation/Physical, you may have time during the year to get each of these readings within acceptable levels. Get guidance from your medical provider and make sure you get rechecked before December 15, 2009.

The following is what's required to earn the full points in this category:*

- Blood pressure:** A reading of 135/85 or lower. **20 points**
- Blood sugar:** A reading of 125 or lower. **20 points**
- Blood lipids (i.e., cholesterol):** Your medical provider will determine your acceptable LDL ("bad" cholesterol) range, which will vary depending on such things as your medical and family history. **20 points**
- Screenings:** Having any screenings your medical provider recommends for you based on your age, gender and family history. **20 points**

* Note: These are based on nationally recognized guidelines.

Activity



GOAL: GETTING OR REMAINING ACTIVE
(MAXIMUM POINTS POSSIBLE = 50)

To earn points, you must engage in any of our qualified activities for at least 30 minutes, an average of one, two, or three times per week over 50 weeks in 2009.

You must log your activity in iFIT, our online application, within 30 days. Written logs are not accepted.

There are dozens of ways to meet the activity requirement, and your activity can be done anywhere, not just at a Quad Fitness Center.

Some examples include:

- Backpacking
- Dancing
- Horseback Riding
- Snow Shoveling
- Swimming
- Tennis

Find the complete list of qualified activities in iFIT.

Weekly Average	Yearly Total # of Activity Sessions	Points Possible
3x	150	50
2x	100	25
1x	50	10

If you have a medical condition that prevents you from meeting any of the above program criteria, Lean You! staff will work with you and your medical provider to develop alternatives so you can still participate and work toward a year-end cash incentive. Contact leanyou@qg.com or call 414-566-6400.

LEAN YOU!
Awareness. Action. Results.