

## **LIVE RIGHT PROGRAM UPDATE/REMINDER**

By simply participating in the Fund's **LIVE RIGHT PROGRAM** you can be amongst the many winners (listed on the reverse side of this flyer) of the Live Right Program Raffle! The Live Right Program is designed to keep you and your loved ones healthy. Those programs include:

- **Enrolling in a Fitness program** by calling **1-800-ASK-BLUE** and receive one entry (per family member over age 18) into the raffle by simply enrolling. By completing the participation requirements you could also receive up to \$150 reimbursement of your Fitness Program fees through IBC's Healthy Lifestyles program AND up to \$300 reimbursement through the Funds Physical Well Being benefit.\*
- **Enrolling in a Weight Management Program** by calling **1-800-ASK-BLUE** and receive one entry (per family member over age 18) by simply enrolling. In addition to the raffle entry you will also be reimbursed up to \$200 through IBC's Healthy Lifestyles program AND up to \$250 reimbursement through the Funds Physical Well Being benefit.\*
- **Contacting an IBC Health Coach** at **1-800-ASK-BLUE** with any health related question. Health Coaches are available 24 hours a day – 7 days a week. Your question could be as simple as how to treat a common cold or more complex questions such as prescription drug interactions. A Health Coach can provide you with valuable information, resources and tools to put your mind at ease before seeking professional care.
- **Contacting an IBC Health Coach** at **1-800-ASK-BLUE** if you are currently managing a chronic condition such as Diabetes, Chronic Obstructive Pulmonary Disease (COPD), Congestive Heart Failure (CHF), Coronary Artery Disease (CAD), or Asthma.
- **Completing a Personal Health Profile ("PHP")** by calling 1-800-458-8618 ext. 110 to schedule an appointment and you will receive one entry (per family member over age 18) into the raffle once you complete the PHP.

\* To check your eligibility for, or to file a claim for reimbursement, for the Funds Physical Well Being benefit, call the Fund office at 1-800-458-8618 ext 125.

Each of the above programs earn you an entry into future **Live Right Program** raffle drawings scheduled throughout the year. The 2010 raffle entry drawing deadlines, drawing dates and prizes are as follows:

<b>Entry Deadline</b>	<b>Drawing Date</b>	<b>Prizes</b>	<b># of Prizes</b>
4/30/10**	5/14/10**	\$50 Gift Card to Best Buy	50
4/30/10**	5/14/10**	Adventure Aquarium Annual Pass	10
4/30/10**	5/14/10**	\$100 World Cafe Live Gift Card	10
4/30/10**	5/14/10**	Tickets to Eagles Football Game	10 sets of 2 tickets
4/30/10**	5/14/10**	Tickets to Phillies Baseball Game	10 sets of 2 tickets
8/20/10	8/27/10	LapTop Computer	1
12/10/10	12/17/10	40" Flatscreen TV	1

\*\* Original Entry and Drawing dates were 4/16 and 4/23. These dates were postponed to give participants more time to enroll in the programs and submit their entries.

**DON'T DELAY, SIGN UP FOR A PROGRAM TODAY TO EARN CHANCES TO WIN ONE OF THE ABOVE PRIZES! RAFFLE ENTRY FORMS CAN BE DOWNLOADED FROM THE FUNDS WEBSITE AT [WWW.UFCW1776BENEFITFUNDS.ORG](http://WWW.UFCW1776BENEFITFUNDS.ORG) OR YOU CAN CALL 800-458-8618.**

***Congratulations** to the following Fund Participants who participated in one of the Live Right Raffle programs and whose names were drawn to win a prize in the February 5, 2010 drawing:*

<b>NAME</b>	<b>PRIZE</b>	<b>NAME</b>	<b>PRIZE</b>
DARLENE E SPIES	2 TICKETS TO FLYERS HOCKEY GAME	WILLIAM DIETZ	2 TICKETS TO 76'ERS BASKETBALL GAME
TINA M AMSPACHER	\$100 TOPPERS SPA GIFT CARD	GEORGE CIARAMELLA	PHILADELPHIA ZOO ANNUAL PASS
THERESA AUGUSTINE	\$100 TOPPERS SPA GIFT CARD	CAROL SULLIVAN	PHILADELPHIA ZOO ANNUAL PASS
EDITH L SIMONS	2 TICKETS TO FLYERS HOCKEY GAME	SHERRY GOODMAN	PHILADELPHIA ZOO ANNUAL PASS
STEVEN F MCCLOY	2 TICKETS TO FLYERS HOCKEY GAME	GREGORY I HATTON	PHILADELPHIA ZOO ANNUAL PASS
MARLENE MALANDRINO	\$100 TOPPERS SPA GIFT CARD	RANDY S HANNA	\$100 TOPPERS SPA GIFT CARD
ROBERT PHELPS	\$100 TOPPERS SPA GIFT CARD	JOHN F NUNAN	2 TICKETS TO 76'ERS BASKETBALL GAME
INA Y JACKSON	PHILADELPHIA ZOO ANNUAL PASS	ELAINE SERVOCKY	2 TICKETS TO 76'ERS BASKETBALL GAME
MARIA L COSTANZA	\$100 TOPPERS SPA GIFT CARD	LYDIA A WILLIAMS	PHILADELPHIA ZOO ANNUAL PASS
DAVID RAMSEY	\$100 TOPPERS SPA GIFT CARD	JEFFREY WHITAKER	PHILADELPHIA ZOO ANNUAL PASS
DARLENE COOK-CALLENDER	\$100 TOPPERS SPA GIFT CARD	EDWARD D HAGGERTY	PHILADELPHIA ZOO ANNUAL PASS
ERIKA STEVENSON	\$100 TOPPERS SPA GIFT CARD	LESLIE A DIXON	PHILADELPHIA ZOO ANNUAL PASS
MARYANN CAPOZZI	PHILA ZOO ANNUAL PASS	KATHLEEN A DILLON	PHILADELPHIA ZOO ANNUAL PASS
PATRICIA JONES	\$100 TOPPERS SPA GIFT CARD	PATRICE PILLA	PHILADELPHIA ZOO ANNUAL PASS
FRANCIS X BIELSKI	2 TICKETS TO FLYERS HOCKEY GAME	FRANK WALL	PHILADELPHIA ZOO ANNUAL PASS
BONNIE R CALCI	2 TICKETS TO 76'ERS BASKETBALL GAME	LINDA M LUDIK	\$100 TOPPERS SPA GIFT CARD
WALTER N GRAY	\$100 TOPPERS SPA GIFT CARD	MATT A LIPS	\$100 TOPPERS SPA GIFT CARD
EILEEN COURCHAIN	\$100 TOPPERS SPA GIFT CARD	MARYANN CREAMER	2 TICKETS TO FLYERS HOCKEY GAME
SUZANNE M DEGNAN	\$100 TOPPERS SPA GIFT CARD	CHARLES YOUNG	PHILADELPHIA ZOO ANNUAL PASS
LAURA A ZAVISLAK	PHILADELPHIA ZOO ANNUAL PASS	JOE L LUECKE	PHILADELPHIA ZOO ANNUAL PASS
ANGELA M COSTELLO	2 TICKETS TO 76'ERS BASKETBALL GAME	DONNA O ZERMENO	2 TICKETS TO FLYERS HOCKEY GAME
MARIAN T DELLOSA	\$100 TOPPERS SPA GIFT CARD	LYNNE SCIANDRO	2 TICKETS TO FLYERS HOCKEY GAME
MICHAEL GROSICK	PHILADELPHIA ZOO ANNUAL PASS	MAUREEN C MEEHAN	2 TICKETS TO FLYERS HOCKEY GAME
BRIAN WILLIAMS	2 TICKETS TO FLYERS HOCKEY GAME	BEVERLIE R SELTZER	\$100 TOPPERS SPA GIFT CARD
STANLEY F SYDNOR	PHILADELPHIA ZOO ANNUAL PASS	ARTHUR J GALAHER	PHILADELPHIA ZOO ANNUAL PASS
JOSEPH KILCULLEN	\$100 TOPPERS SPA GIFT CARD	MARIA MCALLISTER	2 TICKETS TO 76'ERS BASKETBALL GAME
DORIS GAMBARDELLA	\$100 TOPPERS SPA GIFT CARD	WILLIAM HOLMES	PHILADELPHIA ZOO ANNUAL PASS
MARK D PAVELKO	\$100 TOPPERS SPA GIFT CARD	MAUREEN K MIXNER	PHILADELPHIA ZOO ANNUAL PASS
CHARLES LATTANZIO	\$100 TOPPERS SPA GIFT CARD	GLORIA W DALFERRO	2 TICKETS TO 75'ERS BASKETBALL GAME
JANNIE PATTON	PHILADELPHIA ZOO ANNUAL PASS	WILLIAM J DIBERARDO JR	2 TICKETS TO 76'ERS BASKETBALL GAME
GABRIELLE STEVENS	\$100 TOPPERS SPA GIFT CARD	COLLEEN M SCIOLE	\$100 TOPPERS SPA GIFT CARD
TORI L DRUMMOND	\$100 TOPPERS SPA GIFT CARD	RONALD PETERSON	PHILADELPHIA ZOO ANNUAL PASS
DARRYL COOPER	2 TICKETS TO FLYERS HOCKEY GAME	SCOTT SUNDERLAND	PHILADELPHIA ZOO ANNUAL PASS
STEPHEN W HOPKINS	2 TICKETS TO 76'ERS BASKETBALL GAME	ROSALIE A IGNATIUS	PHILADELPHIA ZOO ANNUAL PASS
ELIZABETH FLANNERY	\$100 TOPPERS SPA GIFT CARD	MARLA S DUFFY	PHILADELPHIA ZOO ANNUAL PASS
MARTHA E WILSON	PHILADELPHIA ZOO ANNUAL PASS	PATRICIA S BASEY-GIBSON	2 TICKETS TO 76'ERS BASKETBALL GAME
MARYELLEN DAVIS	\$100 TOPPERS SPA GIFT CARD	GERARD E ROBINSON	PHILADELPHIA ZOO ANNUAL PASS
JENNIFER C MCQUISTON	\$100 TOPPERS SPA GIFT CARD	CYNTHIA WILLIAMS	\$100 TOPPERS SPA GIFT CARD
KATHLEEN DZIUNYCZ	PHILADELPHIA ZOO ANNUAL PASS	NANCY L GARBACK	\$100 TOPPERS SPA GIFT CARD
DANIEL L BROBST	PHILADELPHIA ZOO ANNUAL PASS	RAY PETERS	\$100 TOPPERS SPA GIFT CARD

**UFCW LOCAL 1776 & PARTICIPATING EMPLOYERS HEALTH & WELFARE FUND**  
**3031 B WALTON ROAD, PLYMOUTH MEETING PA 19462**  
**1-800-458-8619 (PHONE), 610-941-5325 (FAX), [fund@ufcw1776benefitfunds.org](mailto:fund@ufcw1776benefitfunds.org) (EMAIL)**