

A year of

# choosing well

Boeing offers programs, tools and resources to live a healthier and more financially secure life by Susan Birkholtz

It's all about making choices.

Whether it's the food we eat, the amount of physical activity we get, the way we manage stress or how much we contribute to a savings plan, these simple, everyday choices can have a significant effect on our health and financial well-being.

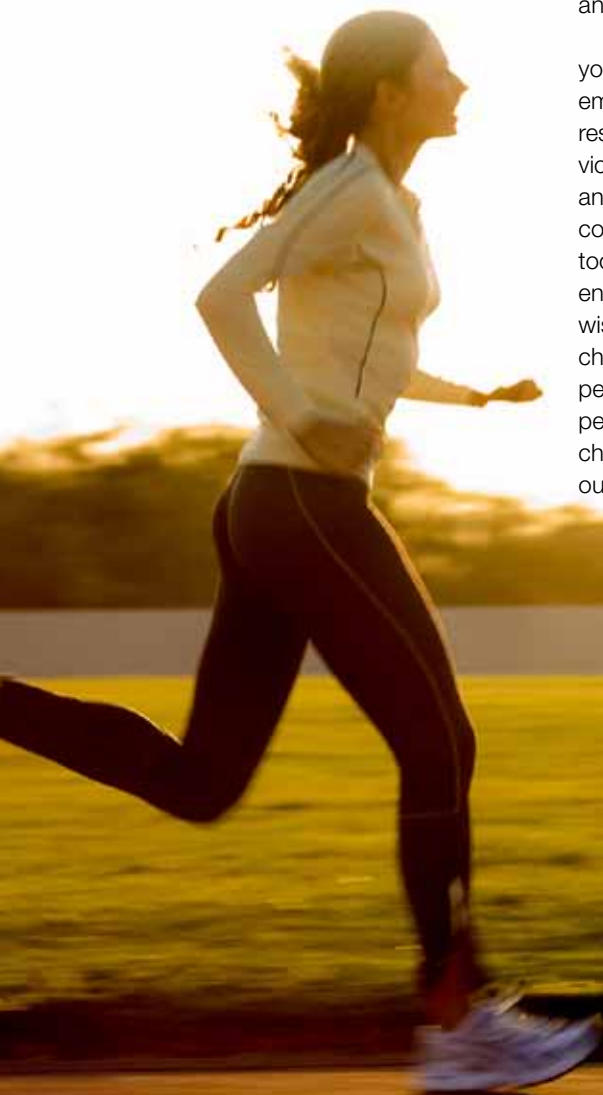
"Ultimately, how you choose to live your life and take care of your physical, emotional and financial health is your responsibility," said Rick Stephens, senior vice president, Boeing Human Resources and Administration. "Boeing provides comprehensive and competitive programs, tools and resources to empower and encourage you to manage this responsibility wisely. Just as our business is continually challenged to grow and improve its performance each year, we should all personally challenge ourselves to make choices each day that positively affect our health and financial well-being."

To assist employees in making good choices every day, new health and financial well-being resources are being added to Boeing's portfolio of Well Being offerings in the year ahead.

## **NEW AND ENHANCED HEALTH WEB SITE AND TELEPHONE SERVICE**

A Web site for all health-management programs will launch this summer, allowing more content to be customized to specific, individual interests and needs. The *BoeingWellness Health Letter* also will have a new look this summer.

In addition to the Web site launch, a health-management telephone service will be available to employees and eligible family members. The service includes a line that provides around-the-clock access to a registered nurse for answers to questions about routine symptoms or for tips on treating an illness or injury. Additional programs, including a



companywide physical activity campaign, also are planned for the summer.

### ON-SITE HEALTH SCREENINGS AND ONLINE HEALTH ASSESSMENT

The on-site health screenings will again take place during the summer months, and the online Health Assessment will be conducted in the fall. New this year will be an opportunity for employees and eligible family members to get involved in health coaching year-round.

Confidential on-site depression screenings will be conducted in the fall by professionals from the Boeing Employee Assistance Program, and the year will close out with the on-site flu shot program heading into the holiday season. This also is a time when many people choose to take advantage of stress-management services through the Boeing Employee Assistance Program or with help from a health coach.

### FINANCIAL ADVISER SERVICES

Boeing's employee financial planning seminars, Retire Well and Plan Well, will run throughout 2010, both in person at Boeing sites and through live or on-demand webcasts on the Boeing Education Network. In addition to these seminars, new adviser services provided through ING, Boeing's record keeper for the Voluntary Investment Plan, will be available to nonunion employees to help with retirement planning and investment management. The service is expected to be available in early April through Boeing Savings Plans Online as well as by telephone.

# The 'choose well' tool kit

The following Well Being resources are available to help you choose well.



**Well Being Resource Center:** <http://wellbeing.web.boeing.com>

The Well Being Resource Center highlights the breadth of programs, tools and resources in the Boeing Well Being portfolio.



**2010 Well Being Calendar:** <http://wellbeingcalendar.web.boeing.com>

Keep your priorities organized with the 2010 Well Being

calendar, which features helpful facts and tips about well-being-related topics, as well as photos of Boeing employees who have used Well Being programs, tools and resources.



**2010 Pay & Benefits Profile:** available in June

The Pay & Benefits Profile provides a snapshot summary of your total package of pay and benefits. The profile is housed on Boeing TotalAccess and can be viewed from work or using Boeing Express on the Internet.

PHOTOS: BOEING

Also in April, a mix of investment fund choices will be introduced to provide a wider range of alternatives to meet employees' personal goals. Employees also will be able to elect to automatically rebalance their investments with a new option available through Boeing Savings Plans Online.

"Your satisfaction and productivity are at their peak when you feel your best and you are doing everything possible to maximize your future financial security," Stephens said. "This comes from making good choices along the way, with help from the programs, tools and resources Boeing provides." ■

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