



Well@Work

Your Price Chopper Worksite Wellness Program!

Well@Work is a unique program collaboration between MVP Health Care and Price Chopper/Golub Corporation. It is Price Chopper's wellness program available to all Price Chopper teammates but it is developed, operated and evaluated by MVP. The program has gradually grown over the years and has expanded into all stores and work areas. Well@Work strives to offer interesting, practical, wellness information and programs to improve YOUR individual health and well-being. Our goal is to help teammates learn about and improve their health IF you are ready to do so.

Well@Work has implemented various health initiatives (like Challenge Yourself to Better Health, the Weight Loss Challenge and Step Up to the Challenge), developed program educational pieces (like a monthly wellness newsletter), improved the health behaviors of teammates, and positively influenced the culture at Price Chopper. Look for our wellness program in your workplace! Well@Work coordinates the program with Wellness Champions in each store and throughout the Distribution Center. For more information, talk to your Wellness Champion today!

The program has also arranged corporate discounts at fitness facilities throughout your service area (in addition to the discounts available through the ChooseHealthy Discount Network). Visit Well@Work's website on your **Intranet** (accessible only to Price Chopper teammates while at work) to find a list of fitness discounts, program updates, educational material AND MORE!

