



Health and Wellness:

The New Year brings with it change, resolution and adventure, and Costco has plenty of plans already in the mix for 2009. As the company looks for new ways to take care of its employees, the start of a new year delivers fresh ideas to expand on what is already in place. As a result, a new Health and Wellness Program has debuted.

The goal is simple: to expand health-related programs already available for employees, including Weight Watchers and QuitNet, along with the introduction of new concepts to enhance employee well-being. The addition of **Annie Casey**, Health and Wellness manager, to the Costco team promises this and much more in the months and years to come. She joins us with a strong background and a clear vision for the future: “To create a company-wide culture of health through innovative programs resulting in optimal health for employees and their families while containing healthcare costs.”

Although some programs target specific issues, maintaining and improving health is an initiative everyone can support. With a driving force now in place behind this great idea, here are some of the Health and Wellness Program plans for 2009:

- Explore healthy vending machine options
- Establish a Health and Wellness Advisory Committee
- Survey employees for suggestions and ways to tailor the program to best meet their needs
- Increase the utilization of existing tools, resources and programs
- Sponsor competitive activities between locations, such as weight-loss challenges

Are you ready to explore a healthier lifestyle for yourself and your family? Check upcoming issues of *Costco Today* for more information. Do you have a suggestion for the Health and Wellness Program? Visit the eNet on your breakroom PC and use the feedback link located on the bottom of each page to submit your ideas or send an e-mail to GetHealthy@costco.com.

An expanding resolution for 2009



Annie Casey is the new Health and Wellness manager for Costco and will be helping employees reach their health goals through the development and expansion of the company's wellness programs. She has a master's degree in Exercise Physiology from the University of Washington. Annie has years of experience in the field of health promotion and disease prevention in hospital settings, and was the founder of a community-based Wellness Center. Due to her efforts, Annie was identified by *The Seattle Times* as one of the greater Puget Sound area's 100 Movers and Shakers in the field of disease prevention. She is passionate about motivating others to improve their health and quality of life. In her spare time, Annie enjoys triathlons, hiking and sailing.