



Hallmark Health Rewards Activities



A complete list of activities and the points for each is available from the [Hallmark Health rewards website](#). But following is a preview of the activities that will be available across three main categories.

To earn the full \$250 reward, eligible employees will need to earn points by completing activities in more than one category. Some of the activities will be recorded confidentially by Hallmark's medical plan administrator, CIGNA. Others will be self-reported.

Preventive care: Know your numbers! (100-point maximum)

Eligible activities include:

- Routine physical exams.
- Age-specific preventive testing.
- Lab work.
- Completing the CIGNA health risk assessment.
- Flu shots.
- Preventive dental exams and cleanings.

Education, coaching and well-being (210-point maximum)

Eligible activities include:

- Completing CIGNA online courses regarding fitness, nutrition, stress management and/or sleep improvement.
- Accessing CIGNA'S health advocate services available to participants in the Choice Fund medical plan.
- Completing a recognized tobacco cessation program, including the free CIGNA Quit Today program available to Hallmark medical plan participants.
- Participating in a weight loss program — at Hallmark or offsite.
- Achieving or maintaining a healthy body mass index (BMI) of 18.5-24.9 during the year.
- Losing five pounds or more during the year (earn five points for each five pounds lost!).
- Completing in-person counseling with a registered dietitian.
- Attending or viewing (online or on DVD) a Hallmark Health education session.
- Paying \$25 or more for a gym membership, personal trainer or fitness class.

Improve your diet, activity and emotional well-being

- Earn two points per day for completing 30 minutes or more of any physical activity that improves your fitness level.

The V.I.P. Program

New Process for Volunteer Grants

This is a friendly reminder that The Volunteer Involvement Pays (VIP) grant program has been updated to make it easier for employees and organizations to apply for and receive the grant.

Employees now will only need to submit one VIP application, covering the entire year. Employees will still need to work 25 hours for one \$200 grant and another 25 hours for an additional \$200, but the hours can be completed at any time during the year.

With the new process, VIP applications for volunteer work in 2011 — whether for \$200 or \$400 — now must be submitted from **Jan 1 thru Feb 28, 2012**.

Employees may apply for grants for as many organizations as they want, provided they meet volunteer hour requirements. However, they need to complete a separate application for each grant.

A yearly history of hours will need to be logged and an attached history will be required with each application for 2011. Instructions for logging hours have been posted at Kiosks around the plant and at the computer outside Teri Morgan's office. Hard Copy applications will be available next to the Volunteer Committee Display cases in the West Lobby (2nd floor) and Front office hallway (1st floor). Grant Applications can also be filled from a form on the Hallmark Intranet by going to Benefits & Programs/Community Involvement and selecting VIP guidelines and application in the related links area.

Volunteer Committee members will be available to help employees log hours and fill out an application (It is VERY easy). Stop by Teri Morgan's office to sign up for a timeslot.

Happy Birthday!

January

- 14 Mary Hubbard
 15 Stephen Chavez, Ray Kruse, Matthew Wiedeman
 16 Michelle Elsea, Gale Henderson, Brian Silvers
 17 Amy Downing, Ursala Sims
 18 Tiffany Bush, Sicily Ford, Ray Gillespie
 19 Cody Bonnel, Randy Manske, Larry Schultz
 20 Bruce Carver, Jimmy Lindquist, Donneta Skinner, Nancy Willits
 21 Wes Barfield, Kevin Caro
 23 Eula Hoel, Rhonda Noll
 24 Deena Jensen
 25 Jacob McAlexander, Diana Sauer, Bea Wake-Jasuta
 27 Jen Cook
 28 Kelly Coleman
 30 Robbyn Banks, John Pedrick
 31 Brian Garrett, Ken Loeffler, Teri Morgan, Scott Tuley

February

- 1 Barry Barnes, Steve Peterson
 2 Ted Eubanks
 3 Shawn Shogrin, Cheryl Spencer
 7 Dee Sanderson
 8 Ann Kruse, Walter Love, Steve McCloud, Craig Vann
 9 Tim Aldrich, Shireen Chamany, Sheryl Fisher

Reminder

To access the intranet, HR Direct, and TMS:
<http://access.hallmark.com/intranet>

Anniversaries

35 Years

Tammy Spray (CSA), 1/20
Travis Kilburn (LDC), 1/24
Joyce Smith (Foil), 1/25

15 Years

Diana Huseby (Ctr Pkg), 1/15
Jeff Crooks (LDC), 1/20
Mary Parish (Bows), 1/23



Thanks everyone for the cards, prayers, concerns and the donation in the loss of our father and father-in-law. Also, thanks to Mr. and Mrs. Don Hall for the flowers.

Jennifer Campbell (Ctr Pkg)
 Jack Campbell (LDC)

Thank you to everyone who made the 2011 Silent Auction a great success. We benefitted 15 different agencies and the current total is over \$1,200.

Everyone who participated, by donating or bidding, has helped make a difference for a lot of people over the holiday season.
 Nancy Smelser (Quality)



Did you know . . .

◆...*The Salvation Army* provides crisis intervention services to residents of Douglas County? These services include homeless prevention through rent and utility assistance, emergency food, clothing, temporary emergency shelter, a feeding program, holiday assistance and advocacy. For more information, call 843-4188.

◆...\$1 per week provides one basketball scholarship for an underprivileged child to participate in the youth basketball league?



Tim Sell (Ctr Pkg) and his wife, Haley, have a son, David Samuel, born December 5.

Karen Heywood (Ctr Pkg) and her husband, Daniel, have a daughter, Caeden Michelle, born December 8.

SAFETY EMPLOYEE OF THE MONTH

The following employees were nominated for the Safety Employee of the Month for January 2 to January 27, 2012:

- 1st - Kevin Caro (Silk Screen)
 2nd - Zane Barnhardt (Foil)
 3rd - Misty Grube (Spec Pkg)
 Congratulations!

Employee in the Spotlight

Name: Tim Moppin

Position: Packaging Operator

Department: Ctr Packaging

Yrs of Service: 17

Q: Best part of your day?

A: Spending time with my family.

Q: Toughest part of your day?

A: Two hours after lunch.

Q: Favorite Hallmark moment?

A: Transferring to Lawrence.

Q: What is your hope for Hallmark Cards?

A: Continued growth as we adapt to the current marketplace.

Q: What is one thing many people don't know about you?

A: I am a collector of die-cast NASCAR.

