

# Benefits Update

MAY 2009



## Lose Weight and Feel Great! *Healthy Living* – It's Your Call

Here's another real-life example of how the *Healthy Living* program is helping Praxair employees improve their health and, in some cases, transform their life. "Linda" wanted to share her success story; her real name is being withheld to maintain confidentiality.\*

Linda is a 53-year-old Praxair employee with hypertension, high cholesterol and arthritis. She enrolled in the *Healthy Living* program and has been having regular telephone conversations with her *Healthy Living* nurse since April of 2008. Since that time Linda has lost more than thirty pounds and feels "at least ten years younger." Both her cholesterol and blood pressure levels have improved and she now requires less medication.

Linda finds the telephone support from her *Healthy Living* nurse both incredibly valuable and enjoyable, stating that "it motivates me and holds me accountable to reach my health goals." She feels that the motivational discussions have provided her the opportunity to exercise more, be in better shape, make wiser food choices and "have a new lease on life."

\*Any information provided to the *Healthy Living* nurses is confidential and Praxair has no access to any individually identifiable information.



**For more information on the *Healthy Living* Program,  
please visit [www.praxair.com/healthyliving](http://www.praxair.com/healthyliving)**