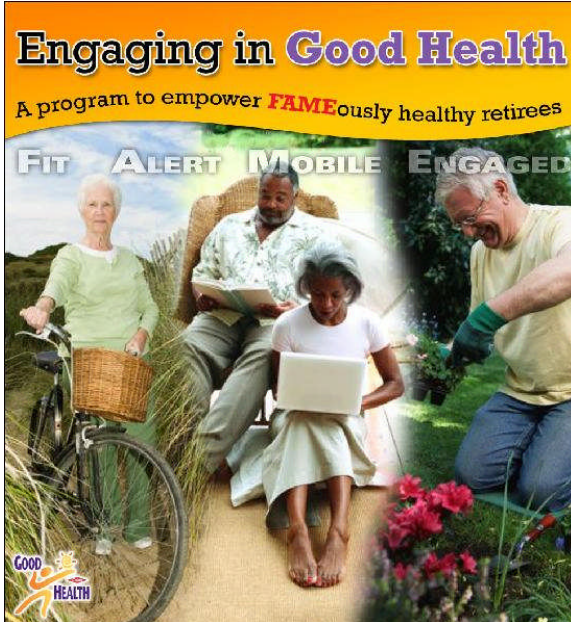


Welcome to Dow's Retiree Health Empowerment Program



With health care costs rising, and health benefits changing, it is becoming increasingly important for each of us to become more informed, more engaged, more **empowered** to take control of our health.

With this need in mind, Dow has established The Retiree Health Empowerment Program. Our goal is to help you help yourselves, and each other, to actively improve your health and effectively manage your health care costs.

The Program focuses on:

- How to keep yourself healthy and reduce your risk of future health problems
- Things you can do to better manage medical conditions you already have
- Ways to better interact with health care providers to achieve quality, cost-effective care
- Giving and receiving support in achieving and maintaining a healthy lifestyle

We will **empower** you with information, tools, activities, resources, and support mechanisms to help meet your needs in any and all of these areas. It is our goal to support your total health – to help you be physically fit, mentally alert, functionally mobile and independent, and socially engaged!

The Program's success depends on your participation and involvement. We encourage every retiree and spouse/partner to participate in the program components that serve your needs and/or interests, and to encourage each other to participate as well.



I'm Leslie Sosebee, and I'm the Retiree Health Promotion Coordinator. You will be hearing from me regularly through DowFriends and local chapter communications. I strongly encourage you to contact me with any thoughts, suggestions, questions, or comments. You can call me at (281) 966-2839, or e-mail me at LSosebee@dow.com, or by selecting "Contact Us" on the DowFriends website.