



STORIES OF SUCCESS

Liberty 

CONEXUS 

 Madrona
INVESTMENT CO. LLC

 Melton
Truck Lines, Inc.

We care about improving the health and well-being of our employees and family. We also take pride in celebrating the **SUCCESS** of individuals whose personal achievements inspire others around them to make health and wellness a priority. Whether you have lost weight, improved your cholesterol or gained control of your diabetes...we want to hear about it! Please submit your story and you may be featured as a **Success Story** in an upcoming press release.

S U C C E S S S T O R Y S U B M I S S I O N F O R M

Today's Date: _____

Name: _____

Phone Number: _____

Dept.: _____

Email: _____

Please include any before/after photos that may inspire others.

Number of years employed: _____

What health behavior did you change?

Why did you decide to make this change?

How did you accomplish your success?

Did your biometric screening results improved?

What goals and obstacles did you have and how did you overcome them?

Who supported you during this experience?

What advice do you have for others who want to make this change?

Please note *Photos, stories, and other information submitted are reviewed by our wellness team and may be shared online and/or in our newsletter to inspire others.*



Please fax, email, or mail this completed form to:

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