



VALCO INDUSTRIES, INC.
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PRESSing NEWS

Valco News—January 2013



Change in Health Care Coverage

After a very thorough and agonizing evaluation process, we have elected to change our Primary Health Insurance coverage to Anthem Blue Cross Blue Shield, effective January 1, 2013. Our Secondary Health Insurance coverage will remain with Benovation.

With this change, we are able to once again keep everyone's deductibles and co-pays at their current levels. We are very happy to say that this will be the fourth consecutive year we have not had to change or lower the coverage and/or benefits of your health insurance coverage. In addition, we will be continuing your premium contributions at their current levels. This will be the third consecutive year we've been able to hold the amount you pay towards your health insurance coverage. In today's health insurance market, this is no small feat!

One of our primary concerns with changing carriers is the network of providers. Fortunately, Anthem has the largest network of any provider in

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IN THE VALCO SPOTLIGHT: Dow Reichely

Our Associate Spotlight this month shines on **Dow Reichely** who has been a member of the Valco Team since November of 2012. Dow is part of our first shift welding team and we are glad he has become an important member of Valco.

Dow was born in Kettering and raised in Jamestown, Ohio. He attended Greenville High School (Go Rams!) and graduated in 2008. While at Greenville, he played four years of varsity soccer and was part of their State Championship Soccer Team in 2005. He mentioned that their main and most competitive annual rival was Springfield Catholic Central. After graduating from Greenville, he attended Shawnee State College on a soccer scholarship but decided the college route was not for him.

He enrolled at Hobart Welding School and graduated/completed their welding course in 2012 with a welding diploma. He then did some welding for a small weld/fabrication shop in South Charleston for a short period of time before moving to Evansville, Indiana where he took a

job as a welder while also doing fabrication and repair work. Dow decided to move back to Ohio and relocated to Xenia. Since November of 2012 he has been part of Valco.



In his spare time, which is not much, he is renovating his home in Xenia and playing in an adult soccer league. He says he has really enjoyed working at Valco and enjoys the wide and different range of welding work he is doing.

He also enjoys being around the many different pieces of equipment Valco has and being able to learn as much as he can about each piece. He enjoys learning and feels Valco has been able to provide this type of opportunity. He is following the advice of one of his Hobart Welding instructors who told him "to be like a sponge and soak up all the knowledge you can". We are happy to provide these types of opportunities.

We are certainly glad to have Dow as a member of the Valco Team and look forward to him being with us for many to come.

The Heavy Cost of Being Overweight



Need some extra motivation to lose weight? Carrying around extra pounds can equal extra dollars—coming out of your wallet as well as the quality of life you experience.

Being overweight costs a woman \$526 and a man \$432 annually when compared to normal weight peers. Being obese may cost a woman \$4,879 a year. For a man, the financial hit could cost \$2,626 annually. The majority of these extra dollars are due to increased medical costs. These numbers are from a George Washington University review.

These numbers hopefully are another incentive to reduce being overweight in an effort to improve your health, improve your quality of life, and help to improve your financial health as well.

Pick a goal—whether it's cutting back on the afternoon cola and/or candy bar or adding a 20 minute walk after lunch or dinner.

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this region. While we are confident most, if not all, of your providers will be part of the network, it is up to you to verify this prior to service.

With the change to Anthem as the Primary Carrier, you will be receiving new ID cards, both from Anthem and Benovation. The Benovation card continues to be the card you will carry and present to your providers. This card contains the billing and claims information for both Anthem and Benovation. Be sure to share the new card with your providers at your next point of service.

Even though we are once again maintaining our current coverage and your contribution level, it remains a critical part of our health insurance program that each of us become much better informed health care consumers, better health care advocates, and do all we can individually to improve our health through better life style choices. There are two other major factors you can help to play a role in. One is being sure you ask your doctor if generic drugs are available for any and all prescriptions you or members of your family are taking. The other is to be sure that you use the emergency room only for real emergencies and not as your family physician. Emergency room charges are very expensive, the wait in the emergency is usually very long, and in many cases you eventually have to see your doctor anyway. Use of generic drugs and a lot less use of emergency rooms go a long way in keeping down or helping to control health care costs.

We will continue to utilize the services of Brower Insurance Agency as our local health care broker. They are available and willing to assist with issues regarding claims, billing, coverage, etc. Please feel free to contact them direct at 937-399-5500.

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Cost of Being Overweight

Bank the money you're saving by not heading to the vending machine, or "pay" yourself for your exercise efforts, such as paying yourself a \$1 for every 20 minute walk you take or do.

After a while, you'll have a stash of cash to go buy yourself a prize or award. For instance, if you pay yourself \$1 for a walk and walk every day, you'll have more than \$100 in a little more than three months. You can use those hard earned dollars for a variety of personal gifts or invest those dollars and let it grow.

Take control of your weight, improve your health and quality of life, and save money, all at the same time. Another hint where you can help to control health care costs, while living longer and healthier.

ANSWER: OREGON

“Great Quotes”

“Whether it's the best of times or the worst of times, it's the only time we've got.”

—Art Buchwald

“Do not let what you cannot do interfere with what you can do.”

—John Wooden

“Don't talk about yourself; it will be done when you leave.”

—Wilson Mizner

“The greatest pleasure in life is doing what people say you cannot do,”

—Walter Bagehot

“Life is like a ten-speed bike. Most of us have gears we never use.”

—Charles Schulz

ANNOUNCEMENTS

Happy Birthday to...



Josh Salyers ... Feb. 1st
Don Briggs. ... Feb. 10th

We wish both of you the very best on your special day and a year of good health, lots of laughs, and much personal and professional success. Enjoy your special time of year!

Years of Service...

Robin Freeman . Feb.8 11 Yrs.
Jamie Queen..... Feb. 15 ... 2 Yrs.
Nichole Metzger ..Feb. 16..... 2 Yrs.

Thanks to each of you for all you have done for Valco's and our customer's continued success and growth. Your many contributions are greatly appreciated and we look forward to working with each of you in the months and years ahead.

Our sympathies to...

Jimmy Hall on the recent passing of his father on January 3rd in Chicago.

Our sympathies also go out to **Jerry Stultz** on the recent (Jan. 16th) loss of his brother.

Our thoughts and sympathies remain with Jimmy and Jerry as well as their families during this difficult time in their lives.

Where Am I?

- I am a U.S. state.
- My coast has breathtaking scenery.
- I was admitted to the Union as the 33rd. state.
- I am home to a famous Shakespeare Festival.
- Lewis and Clark reached my Columbia River in 1805.
- My motto is “She flies with her own wings.”
- A famous settlers’ trail bears my name.
- Salem is my capital.

the answer is on this page