



# Express

News for the associates of BPC - one of the largest independently-owned producers in the US of precision machined parts

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Visit our website:  
[www.bpcinc.biz](http://www.bpcinc.biz)

## Biddle Opens Free Healthcare Clinic

Free primary care services, preventative wellness care, and free generic prescription drugs.

On July 31st of this year, BPC walked down a new path towards halting the ever-rising cost of healthcare by opening their own private care clinic in their factory building on Main Street.

### *This Initiative Benefits Everyone*

On-site medical clinics used to be a luxury only available to employees of large corporations, but now small and mid-size companies can enjoy these same benefits. When companies like Novia Care Clinics get involved, employers like BPC can offer their employees medical services and wellness initiatives beyond those normally available. We can look forward to a number of benefits, including: convenience (no more driving to doctor's appointments), cost-savings (free generic drugs), and time-savings (see a doctor and be back to work minutes, not hours).

Novia manages the on-site clinic and allows us to provide services like these:

- Primary Care--Colds, flu, asthma, diabetes, etc.
- Preventive Care--Flu shots, physicals, health coaching
- Pharmaceuticals--Medications dispensed on site
- Convenient Easy Access--More time with the Doctor, less time waiting
- Health Risk Assessment--Learn more about your health status and future risks.

Employers and employees benefit from an on-site clinic. Employers save through reduced medical benefit costs, increased productivity, and healthier/happy employees. Employees benefit by getting free primary care services, preventative wellness care, and free generic prescription drugs.

Employees also get to spend more time with their doctors while spending less time away from work. (The average "time away from work" for a physician office visit is estimated to be 3.2 hours. A visit to our clinic typically averages 30 minutes.) In traditional



Clinic Dr. Marcotte

medical offices, doctors are encouraged to see as many patients as possible in order to maximize their profits—a practice that doesn't encourage doctors to get to know their patients beyond just their symptoms. Our on-site doctors aren't as constrained and are actually encouraged to take the time to discuss disease prevention with their patients. This new practice benefits both parties immensely.



Brian Myers, BPC President, with first clinic client Robert Ryker.

*continued on next page*

## Inside

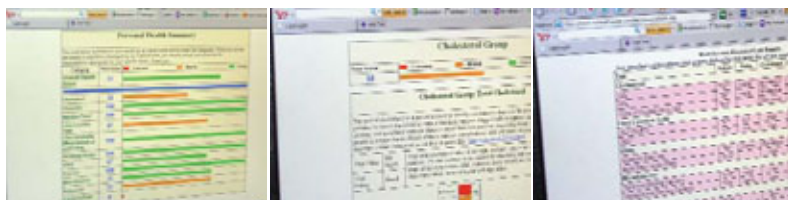
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*ACE Controls*

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*Service Awards and Birthdays*

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*Taste of Fall*

■ **Associate Profile**  
*Michael Johnson*



Small sample of health risk assessment.

## MILESTONES

### SEPTEMBER BIRTHDAYS

1 Kenneth Delp  
 3 Andrew Barkley  
 3 Michael Johnson  
 3 Darlene Myers  
 6 Benny Rogers  
 9 Michael Inman  
 11 Ian Dotson  
 11 Gary Morefield  
 12 Frederick Delph  
 12 Michael Hornig  
 14 Larry Singleton  
 17 Mary Cummings  
 18 Elmer Brewster  
 18 Donald McKinney  
 25 Gregory Berg  
 28 Charles Adkins  
 28 Dale Roe  
 30 Dwight Blackford  
 30 Richard Lee

### OCTOBER BIRTHDAYS

2 Christy Watts  
 4 Connie Payne  
 4 James Stiers  
 6 Dennis Shaffer  
 7 Kirk Dunn  
 13 Edward Parks  
 16 Stephen Hunt  
 21 Charles Brown

23 Thomas Lewis  
 23 Susan Ridenour  
 26 Mary Cooper

### OCTOBER BIRTHDAYS (cont.)

26 Kenneth Waters  
 27 S. Michael Dickerson

### SEPTEMBER SERVICE ANNIVERSARIES

25 Years  
 Charles Adkins

### 10 Years

Larry Moss  
 Gregory Smith

### OCTOBER SERVICE ANNIVERSARIES

35 Years  
 Byron Hammack

### 30 Years

Richard Lee

### 20 Years

Todd Altherr  
 Wendy Forbush

### 15 Years

Walter Mercer  
 Myriam Parker

## "Healthcare Clinic" (continued from page 1)

### Employees Enjoy Care and Convenience

Have you been to the clinic yet? Many BPC employees have, so many that they've added three additional clinic hours. When Kathy Bowen tried to schedule an appointment she had to wait two weeks, but now that a third day has been added to the clinic schedule this should no longer be a problem. The clinic will now be open three hours per day, three days a week.



View of clinic examination room.

Despite the wait, Kathy was pleased with her experience--"I can come to work and just walk over to see the doctor." A few days after her appointment a Novia nurse called her and volunteered to be Kathy's health coach. Now they talk on the phone once a week, which Kathy says will motivate her to maintain her diet and exercise goals.

An annual health risk appraisal program will help BPC employees monitor their health. Once per year everyone goes through the free program, and he or she gets a 25 page color assessment as a result. It is quite extensive. Kathy suspects that doctor visits to follow-up on this year's appraisals were the reason for her lengthy scheduling delay, but she quickly pointed out that the appraisals were a great idea and that they were giving her co-workers more information than they'd had available to them in the past.

"Close, quick, free, and to the point," was what Bill Bougher says about his recent appointment. He'd gone to the doctor about a knee injury and was happy to discover that the doctor had a strong sport injury background. Bill also liked that the doctor talked to him about more than just his sore knee. That sort of physician-patient

relationship is the key to Novia's successful wellness initiatives.

### Novia Helps BPC Control Costs

Novia CareClinics, LLC is headquartered in Knoxville, Tennessee, but has an office in Indianapolis. BPC's clinic is the fourth one they have opened in Indiana. The others are: Batesville Tool and Die, Elkhart County Government offices, and Allen County Government offices. Brian Myers was

excited last year when he heard of this new and novel idea in healthcare. He started talking to them about their services because just yearly cost shifting to the employee wasn't the answer in reducing BPC's healthcare costs. NoviaCare's website explains that by opening an on-site clinic, an employer is "converting the purchase of 'retail' physician services, prescription drugs and laboratory tests to a wholesale basis...the CareClinic is not a cost to the employer, but a savings to both employer and employee." That's just a fancy way of saying, "There's no catch."



## Biddle's Care Clinic

### Hours:

Tuesday 7:00 to 10:00  
 Wednesday 9:30 to 1:30  
 Thursday 1:00 to 4:00

To make an appointment, call 888-417-1001 or visit [noviacareclinics.com](http://noviacareclinics.com).

24 Hour Nurse Line:  
 888-417-1001

## IN THE SPOTLIGHT



Ace Controls Inc. located in Farmington Hills, Michigan, is the world leader in deceleration technology. Its global customer service network includes offices in England, Germany and Japan with distributors in over 110 cities in 35 countries.

For nearly 40 years, Ace Controls has provided superior deceleration products to meet the needs of the automotive, robotics, material handling, packaging, steel, machine tool, lumber, amusement, medical and other industries.

As an ISO 9001:2000 certified manufacturer, Ace is focused on and committed to continuous improvement and dedicated to building a quality product, assuring customer satisfaction and on time deliveries.

Biddle Precision Components supplies Ace Controls with products such as shafts, inner tubes and outer tubes (for their extensive line of shock absorbers), cylinders, piston rods and locknuts.

# BPC Quality Corner



by Brad Meyer

Quality has really improved over the last four years here at BPC. Although there are still things that need further

improvement, we are making good progress and will be looking better heading into 2008.

BPC measures quality costs by Scrap, Rework, and Customer Returns.

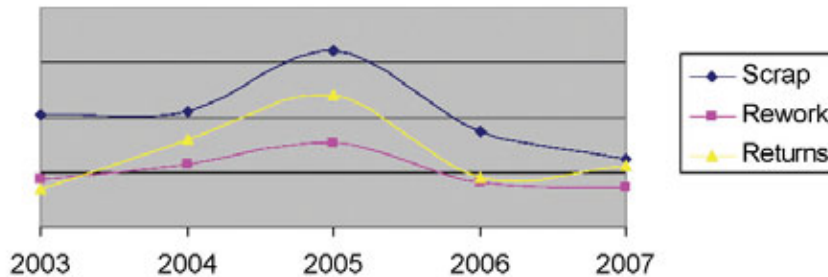
- Scrap and Rework are at the lowest level in the past five years.
- Returns this year are up slightly compared to last year but are better than the average for the past five years.

- Quality costs peaked in 2005, but began to drop sharply in 2006. This drop was caused by several factors, which include:
  - Changes in manufacturing practices (5S, SMED)
  - Changes in Engineering resulting in better support to address design and process problems
  - Replacement of older equipment makes it easier for machinists to meet the requirements.

This continuous quality improvement has been happening at the same time that we made significant progress with "On time delivery and sales & profits". Accomplishing all of this at the same time is something in which all BPC employees should take pride!



Quality Costs  
2003 through 9/15/07



HEALTHY LIVING

*Pumpkin is second only to apples as the "Taste of Fall". Thou you can buy canned pumpkin year round, it never tastes as good as it does on a cool, crisp autumn day!*

## PUMPKIN APPLE BUTTER:

A unique spread you can use on your toast, muffins, bagels, crackers, just about anything you can think of.

Makes: 3 cups

### Ingredients:

- 1 3/4 cups Solid Pack Pumpkin
- 1 cup Apple Juice
- 1 cup (about 1 medium) Peeled and grated Apple
- 1/2 cup Packed Brown Sugar
- 3/4 teaspoon Pumpkin Pie Spice

### Directions:

1. Combine pumpkin, apple juice, apple, sugar and pumpkin pie spice in medium saucepan.
2. Bring to a boil.
3. Reduce heat to low; simmer for 1 1/2 hours stirring occasionally.
4. Pour into container. Cover, chill.
5. May be stored in refrigerator for up to two months.

## ASSOCIATE PROFILE

**Michael "Mick" Johnson** began working at Biddle Precision Components in the winter of 2006 with 1 year of experience in machining that he had received while working in his hometown of Frankfort for NTK Precision. He has been a steady and valued member of the SaTurn team ever since, working all shifts where needed.

The reason we are spotlighting Mick is because of his military background and his future assignment to protect the American way of life. He has been a member of the Indiana National Guard since 2001. He signed on to be a cannon crewmember but most recently has been a Cadre Member training new inductees on the military way. This year Mick got word that he was going to be deployed to Iraq and has spent several weeks in



training for that purpose and has been designated as Infantry. He will receive 3 more weeks of small arms training in October and will be sent to Georgia in January to receive his over seas assignment.

I hope that everyone will join with management in thanking Mick for his service to his country and wish him well for a speedy and safe return.

Thanks and God's speed, Mick.



**CALENDAR  
OF EVENTS**

**In the next issue:**

*Holidays '08 outlook*



**September**

- 22 Purdue at Minnesota  
Illinois at Indiana  
Michigan State  
at Notre Dame
- 23 Indianapolis Colts at  
Houston
- 23 Beef & Boards  
to (Oklahoma)  
10/18
- 29 Notre Dame  
at Purdue  
Indiana at Iowa
- 30 Denver at  
Indianapolis Colts

**October**

- 6 Ohio State at Purdue  
Minnesota at Indiana  
Notre Dame at UCLA
  - 6-7 SHERIDAN HARVEST  
MOON FESTIVAL  
(At Biddle Memorial  
Park)
  - 7 BIDDLE'S GOLF  
OUTING  
Tampa Bay at  
Indianapolis Colts
  - 8-26 Heartland Film Festival
  - 10 BIDDLE'S COOKOUT
  - 13 Purdue at Michigan  
Indiana at Michigan State  
Boston College  
at Notre Dame
  - 16-31 The Children's Museum  
of Indianapolis (Haunted  
House)
  - 17-21 Conner Prairie  
& (Headless  
24-28 Horseman)
  - 20 Iowa at Purdue  
Penn State at Indiana  
USC at Notre Dame
  - 22 Indianapolis Colts at  
Jacksonville
  - 27 Northwestern at Purdue  
Indiana at Wisconsin
  - 28 Indianapolis Colts at  
Carolina
  - 31 Washington at  
Indiana Pacers
- Halloween



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