



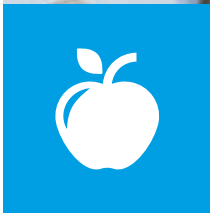
Enjoy the rewards of being healthy



The Pension Board United Church of Christ 2020 Wellness Program Guide

The Healthy Stewards Program, brought to you in partnership with Health Advocate, can help you take charge of your health and improve your well-being—plus, you can earn up to \$300 by participating in well-being activities.

Read on to learn what you need to do to earn your incentive!



Start date:
January 1, 2020

Deadline:
December 31, 2020

Earn up to \$300
to redeem on the
rewards mall!





All About Your Incentive

The Healthy Stewards Program is designed to support, educate, motivate and reward employees on the journey of living a healthy lifestyle. Your program begins on January 1, 2020 and ends on December 31, 2020.

How to earn points

As a reward for completing healthy activities, you have access to a rewards mall, where you can choose to redeem your points for a variety of e-gift cards and fitness devices. Earn up to \$300 to redeem on the rewards mall. You will be able to earn three levels of rewards for earning incentive points. Once you reach each level, you will be eligible to earn an additional \$100.

Level 1 - 100 points = **\$100**

Level 2 - 200 points = **\$200**

Level 3 - 300 points = **\$300**

Who is eligible?

Your Wellness Program is available to all employees and spouses/partners enrolled under a Pension Boards medical plan. Both employees and spouses can earn up to \$300 each.

Redeeming Your Points

Once you have earned 100 points, you will be able to start redeeming your points. You can earn a maximum of 300 points, which equates to 300 total dollars to spend on e-gift cards or fitness devices. You need to earn all of your points by December 31, 2020 in order to be eligible for your reward.

Log on to your Health Advocate member website at any time to track your activity, check your points and start shopping. Once logged on:

- View your “Reward Balance” and “Current Points” on the left side of the Health Advocate home page.
- Click on “Points Detail” to go to your Incentive Program page, where you will find information on how you can earn points, completed activities, earned points and eligible reward dollars.
- Start shopping by clicking on the “Browse or Shop Now” button!

You must cash in your points by January 30, 2021.



Get started today!

The quicker you get on the path to better health, the sooner you'll start to enjoy the rewards of being healthy. Remember, we're here to support you in your journey toward better health and well-being. **Just call or log on today for personalized help!**



877.650.9027

Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Download the app today!





Complete well-being activities to earn points!

Activities	Activity Details	Points/Max. Points
Health Screening	<p>There are three ways to complete your screening:</p> <ul style="list-style-type: none"> • Onsite at your workplace, if available • At a lab using a LabCorp voucher • With your doctor using a physician form <p>Exams between 11/1/2019 - 10/31/2020 are eligible for points.</p>	100
Personal Health Profile	Get a snapshot of your health and learn steps you can take to improve it.	50
Personalized Wellness Coaching Program	Work with a Wellness Coach for personal support as you strive to reach your health goals. Coaching is unlimited, but earning points entails 6 engagements.	50
Be Tobacco-Free	Complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach.	50
Wellness Challenges	<p>Compete with coworkers while improving your health. Company Challenges will be available at certain locations. If your location is not running a Company Challenge, you are still able to participate in the Personal Challenges.</p> <p><i>Points for completion will be awarded if you track your activity each week of the challenge.</i></p>	25/50
Personal Challenges	Choose from a library of challenges you can run on your own, or invite coworkers to participate with you.	5/25
Health Education Session	Complete one coaching session with a Wellness Coach via telephone or secure web messaging to discuss your PHP, health screening results and wellness goals.	25
Preventive Dental Visit	Earn points for completing 1 preventive dental visit between 1/1/2020 - 12/31/2020. From the To Do List on your Health Advocate portal, enter the date of your visit and upload proof, such as an explanation of benefits (EOB) to earn points.	25
Wellness Workshops	Complete up to 3 online workshops for points. Please note that each workshop takes 6 weeks to complete, and only one workshop can be completed at a time. Be sure to give yourself enough time prior to the deadline of 12/31/2020 to complete workshops. <i>You may have one workshop in progress at a time.</i>	25/75
Don't Weight! Make a Change	Complete this 12-week online weight loss program and learn long-term strategies to help you lose weight and keep it off!	50

Keep reading for more ways to earn points! >>

Get points for tracking healthy behaviors

Activity Name	Activity Details		Points
Health Trackers	Earn points for tracking healthy behaviors. Compatible with nearly 100 fitness devices and apps! <i>See the chart below for a list of points-eligible trackers. There are many other trackers available on the wellness site for your use that are not eligible for points.</i>		1-10 each, 50 max
Measurement	Amount	Daily/Weekly/Monthly	Points
Sleep	Sleep 7-9 hours	daily	1
Steps	Walk 10,000 or more steps	daily	1
Time Exercised	Exercise for 150 or more minutes	weekly	5
Resistance Training	Perform 2 or more days	weekly	5
Resilience Tracker	Perform at least one activity on 5 separate days	weekly	5
Charity Work	Perform 2 or more hours	monthly	10
Ounces of Water	Drink 64 ounces	daily	1
Fruits and Vegetables	Eat 5 or more servings	daily	1
Grams of Fiber	Eat 25 grams or more	daily	1
Milligrams of Sodium	Eat 1,500 mg or fewer	daily	1
Weight	Participation	weekly	5
Distance Exercised	Participation	daily	1



How Your Wellness Program Can Help

The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.



Wellness Coaching Unlimited access to a Wellness Coach by telephone or secure web messaging to help you lose weight, get fit, quit tobacco, reduce stress and more.



Personal Health Profile (PHP) Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.



Nutrition Support Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.



Wellness Resources Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.



Interactive Challenges Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.



Health Trackers Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.



Wellness Workshops Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.



Gym Discounts Access discounted memberships to thousands of fitness centers nationwide.

It's easy to get started! Follow these simple steps to register:

1. Visit HealthAdvocate.com/members
2. Register for the website and enter the required information, then log in
3. Browse the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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