



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!





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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