




Earn rewards for living life well



It's that time of year... we're relaunching the Corbins Electric Wellness Program!

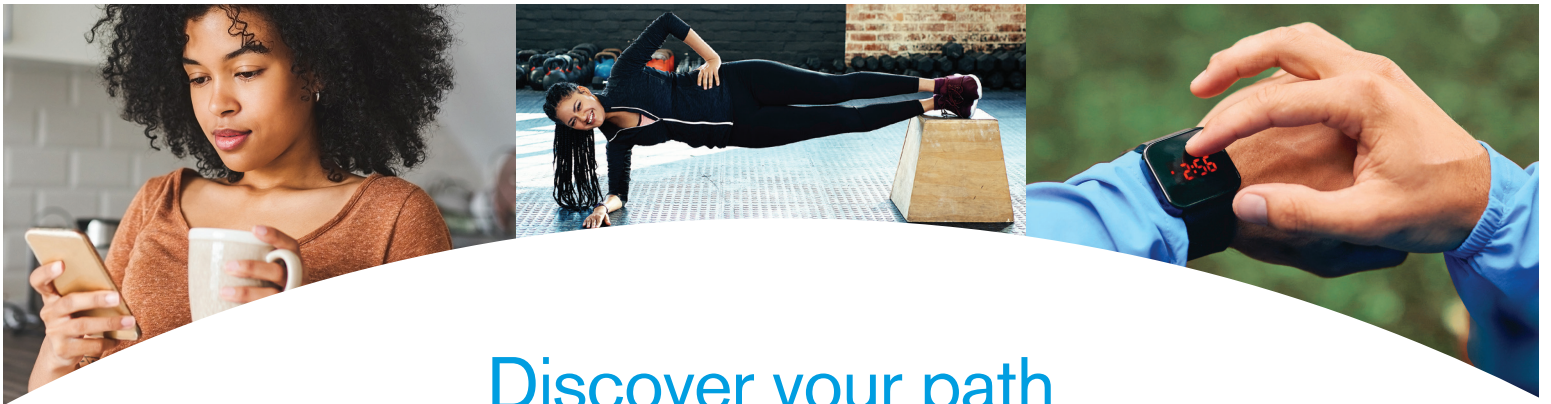
Discover your path to well-being by taking advantage of the activities and resources available through our partnership with Health Advocate.

Corbins Electric is committed to helping you achieve your best health—and self. We challenge you to make your well-being a priority.

Starting January 1, 2021, complete a selection of wellness activities to earn 300 points. All activities must be completed by December 31, 2021 in order to **earn up to \$30 off your weekly medical premium costs.**

Keep reading for all the details!





Discover your path to well-being

No matter what your health and wellness goals, Health Advocate can guide you!
The Wellness Program features:



Personal Health Profile

Your current health, in real time



Wellness Coaching

One-on-one support to help you thrive



Recipes and Meal Plans

Nutritious and delicious recipes to fuel your goals



Personal Challenges

Jump-start healthy changes while having fun



Health Trackers

Monitor your progress and celebrate your achievements



Wellness Workshops and Programs

Increase your well-being knowledge on a variety of topics



Health Advocate Blog

Read articles to help you live well, find balance and more



Health Information Center

Access resources on a variety of health topics



Gym Discounts

Find deals at local fitness centers



Health Advice and Tips

View personalized health information and advice tailored to you



Feature in Focus: Live Chat

Instantly connect with a Wellness Coach through our website or mobile app. After logging in, select the chat bubble at the bottom of the screen to get started.



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Healthier is better when we're in it together!

The Corbins Electric Wellness Program can help you take charge of your health and improve your well-being. We've hand-picked wellness activities to help us improve and maintain our health together! Complete a selection of the activities from the charts on pages 4-7 based on your personal health goals. **Strive to reach 300 total points by December 31, 2021 to earn the maximum of \$30 off your weekly medical premium costs in 2022!**



Start date:
January 1, 2021



Decide your path,
complete activities



Focus on your health,
feel awesome



Deadline:
December 31, 2021



Receive your **2022**
premium discount!

Earn up to \$30 off your weekly medical premium costs!

The amount of your 2022 weekly medical premium discount will be based on the total number of points you earn by the program deadline of December 31, 2021.

- **Tier 1** - 100 total points: \$10 off weekly premiums
- **Tier 2** - 200 total points: \$20 off weekly premiums
- **Tier 3** - 300 total points: \$30 off weekly premiums

Wellness Incentive and Program Eligibility

The Corbins Electric Wellness Program incentive reward is available to all employees enrolled in the health plan.



Feature in Focus: Healthy Recipes and Meal Plans

Access Registered Dietitian-approved recipes and meal plans to improve nutrition skills based on your health goals, lifestyle and diet. Log into the Health Advocate website or app. From the "I would like to..." menu, select "Search for Recipes."



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Small steps lead to big gains

Complete well-being activities to meet your personal health goals and earn points toward your incentive reward. **You've got this!**

Activities	Activity Details	Points/Max. Points
Health Screening	<p>Take charge of your health by knowing your numbers! Complete your health screening:</p> <ul style="list-style-type: none"> ▪ Onsite at Corbins in Fall 2021 ▪ At a lab using a LabCorp voucher ▪ With your doctor using a physician form <p>Exams starting 1-1-2021 are eligible for points.</p>	100/100
Tobacco-Free - or - Tobacco Cessation Program Completion	<p>Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions.</p>	100/100
Healthy Outcomes and/or Improvements	<p>Earn points if your health screening results are in a healthy range or improved from 2020. Refer to the chart on page 7 for details.</p>	5/25
Share Your Screening Results with Your Doctor	<p>Send the results from your health screening (onsite or LabCorp voucher) to your doctor's office via the Health Advocate website. This is a great way to keep the lines of communication open between you and your doctor, as well as ensure your medical record is up to date!</p>	10/10
Personal Health Profile (PHP)	<p>Complete this online questionnaire to get personalized tips to help improve your health and well-being.</p>	25/25
Don't Weight, Make a Change Program	<p>In this 12-week online program, learn tips, tricks and long-term strategies to help you not only lose weight, but also keep it off!</p>	20/20
Engage with an Advocate	<p>Connect with Health Advocate for healthcare and insurance-related issues. A Personal Health Advocate can help you:</p> <ul style="list-style-type: none"> ▪ Find the right in-network doctor ▪ Resolve insurance claims and billing issues ▪ Answer questions about diagnoses and treatments <p>And so much more! <i>Wellness inquiries do not count for points.</i></p>	10/20
Wellness Workshops	<p>Participate in online, self-paced workshops on a variety of wellness topics, such as nutrition, fitness, stress, resilience, financial wellness, and more! You must complete all chapters to earn points.</p>	10/20
Personal Challenges	<p>Start challenges on your own at any time. They are a great way to jump-start healthy changes. Participate on your own or invite your coworkers. Track your activity each week of the challenge to earn points.</p>	5/20
Health Advocate Website or App Visit	<p>Log into the Health Advocate website or app to explore the resources available to help you improve your health. You will earn 5 points for your first login of each quarter.</p>	5 per quarter



Small steps lead to big gains










— Continued —

Activities	Activity Details	Points/Max. Points
Preventive Care Exams	<p>Stay on top of your health by completing preventive care exams. Visits occurring between 1-1-2021 and 12-31-2021 will qualify.</p> <p>Earn points for the exams below:</p> <ul style="list-style-type: none"> ▪ Breast Cancer Screening ▪ Cervical Cancer Screening ▪ Colon Cancer Screening ▪ Osteoporosis Screening ▪ Prostate Cancer Screening ▪ Skin Cancer Screening ▪ Preventive Dental Visit* ▪ Vision Exam* <p>Points awarded automatically approximately 3 months after completion for those enrolled in the medical plan. If you do not see your points online or if your visit is close to the deadline, then log into Health Advocate to report your exam date and upload proof. Documentation can include an Explanation of Benefit (EOB), Claims Summary, or Office Visit Confirmation.</p> <p><i>*Dental and Vision Exams will not come over via claims and must be reported online with proof for points.</i></p>	20/60
Flu Shot	<p>Protect yourself and others by getting a flu shot. If done onsite through Health Advocate, points will load automatically. If done through your doctor or pharmacy, points will be automatically awarded approximately 3 months after completion if you are enrolled in the medical plan or log into Health Advocate to report your vaccination date for credit.</p>	15/15
Wellness Coaching	<p>When it comes to improving your well-being, you don't have to do it alone! A Wellness Coach can help you meet your health goals and thrive. Connect with a Wellness Coach via telephone, live chat, or secure web messaging. Coaching is unlimited.</p>	
	Earn points for completing one Health Education Session	10/10
	Complete a Mini Coaching Program by participating in 3 sessions.	30/30
Fitness Classes and Lessons	<p>Participate in fitness classes or lessons. Both in-person (where available and safe) or virtual – will count for points. Log into Health Advocate to report the date of your events for points. You can earn 5 points per event up to a maximum of 4 events for the year. Accepted activities can include group yoga classes, jujitsu classes, working with the personal trainer, utilizing the onsite Corbins fitness center, and more! Stay tuned for additional onsite fitness opportunities announced by Corbins.</p>	5/20
Corbins Challenges	<p>Corbins will run several well-being challenges that encourage healthy habits and friendly competition between you and your coworkers. Stay tuned for challenge dates and details! Track your activity each week of the challenge to earn points.</p>	Stay tuned!
Corbins Workplace Events	<p>Attend onsite events hosted by Corbins in 2021. Stay tuned for opportunities announced by HRI! Points will be loaded on a quarterly basis.</p>	Stay tuned!



Track healthy behaviors for even more points

Use the Health Advocate online trackers listed below and meet the recommended goals to earn points. **You can earn a maximum total of 20 points across all trackers.**


Health Tracker	Recommended Goal	Points
 Distanced Exercised	Log the distance you exercise daily	1
 Sleep	Function your best by sleeping 7 to 9 hours each night	1
 Steps	Stay on your feet by taking 10,000 or more steps daily	1
 Water	Stay hydrated by drinking 64 ounces of water daily	1
 Resilience	Handle stress better by performing at least one resilience activity on 5 separate days weekly	5
 Resistance Training	Increase your strength by performing 2 or more days weekly	5
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5
 Weight	Log your weight weekly	5
 Charity Work	Give back by completing 2 or more hours of charity work monthly	10

There are many other trackers available on the website for your use that are not eligible for points.











Feature in Focus: Sync your fitness device, wellness app or Apple Health

Easily get points for health trackers by syncing your device or app. From the “I would like to...” menu, select “Sync My Fitness Device.” Select your device or app and follow the steps. You will only see Apple Health as an option when logged on through the Health Advocate app on compatible iOS devices.




You have one life to live— let's make it a healthy one!

Earn points when your screening results are within the recommended range for the following measurements.

Measurement	Incentive Criteria		12-Month Improvement Standard	Points
	Men	Women		
 Blood Pressure	<130/80 mm HG		N/A	5
 Waist Circumference*	<41 in	<36 in	Decrease BMI by 5 points or more	5
 Body Mass Index (BMI)	<30			
 HbA1c*	<5.7%		Decrease HbA1c by 1.45% or more	5
 Glucose Fasting	<100 mg/dl			
 Glucose Non-Fasting	<141 mg/dl			
 Cholesterol Ratio	< 5.0		N/A	5
 HDL Cholesterol	≥40 mg/dl	≥ 50 mg/dl	Increase HDL by 10% or more	5

*Note: Waist Circumference (WC) always takes precedence over BMI. HbA1c always takes precedence over Glucose.



Feature in Focus: Send your health screening results to your physician

Easily send your screening results to your doctor through the Health Advocate website or app. From the "I would like to..." menu, select "Send Screening Results to Physician"



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Frequently Asked Questions

Q: How do I register for the Health Advocate website?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/members
2. Register for the website by clicking on “Register Now”
3. Enter the required information, confirm your registration, then log in

Q: What if I am unable to fulfill a requirement of the incentive program?

A: We are committed to helping you achieve your best health. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some common wellness goals Health Advocate supports?

A: We can help you reach goals in areas such as weight loss, fitness, nutrition, tobacco cessation, mindfulness, stress management, prevention and management of chronic disease, and so much more!

Q: Will my information and interaction with Health Advocate remain private?

A: Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.

Q: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Weigh healthcare decisions with our MedChoice Support™ tool. Understand the pros and cons of medical services and procedures online or through the app. Click on “Stay Healthy,” then “Treatment Alternatives” to get guidance on healthcare decisions and assess your personal preferences so you can make the best care choices.
- Connect to all your benefits through a single toll-free number
- Answer questions about diagnoses and treatments
- Find the right in-network doctors and make appointments
- Coordinate second opinions and transfer medical records
- Resolve insurance claims and medical billing issues

Q: When is Health Advocate available?

A: We're available 24/7 through our website or mobile app. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness Coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.



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