

Level 2: (40 Additional Points)

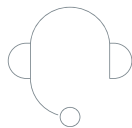
Complete by October 31, 2017

- You can earn Level 2 points by meeting the health targets listed below (from this year's biometric screening results), or by completing a variety of healthy activities (if you do not meet the targets)
- You can earn Level 2 points throughout the program year, but must complete the 60 Level 1 points before your Level 2 points will count toward the 2017 program

Level 2 Results/Activities	Points	Max Points
Healthy Results (Automatically awarded from current year screening results)		
Glucose: Non-fasting of <141 or Fasting of <100	10	10
Blood pressure: <140/90 mm HG	10	10
Cholesterol ratio: ≤ 5.0	10	10
Waist Circumference: <41 (men); <36 (women) OR BMI <30	10	10
Coaching		
Personalized Coaching (Three coaching sessions during the program year)	30	30
Wellness Education Session	10	10
Healthy Actions		
Tobacco Cessation Program	40	40
Challenge 1 (March): Choose to Move	20	20
Challenge 2 (July): Walk America	20	20
Wellness Workshop	20	20
Call with a Health Advocate Representative	10	10
Fitness Tracker Utilization (Log exercise, use Fitbit, etc.)	Varies by tracker	20
Logon to Health Advocate Wellness Website	1 point/login	5 points/quarter
Preventive Care		
Get a Preventive Health Screening (Received between 11/1/2016 and 8/31/2017) <small>(Results come from employee claims data; only available to employees enrolled in Aetna and IBC health plans)</small> • Well Woman Visit • Breast, Cervical, Colon or Prostate Cancer Screening	20/screening	40
Get a Flu Shot (Received between 9/1/2016 and 8/31/2017)	10	10

Track your points on your wellness website

Log in at HealthAdvocate.com/Genesis and click on "Wellness" then "My Points" to track your progress.



866.681.8686

HealthAdvocate.com/Genesis

Health Advocate is available
Monday - Friday
from 8 am to 12 am (midnight),
Eastern Time.

HealthAdvocateSM