



Benefits4Me

2022-2023 Wellness Program Guide

Benefits4Me is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and an incentive reward to help you thrive!



Start date:
October 1, 2022



Complete activities
that will help you thrive



Deadline to earn points:
September 30, 2023



Feel good knowing you've
earned a reward

Earn up to \$500 in Wellness Credits

Complete well-being activities to earn points that equate to up to \$500 in wellness credits.

One point equals one dollar. Credits will be paid out in the second month of each quarter: February, May, August and November. Earn points through September 30, 2023.

Wellness Incentive & Program Eligibility

The Benefits4Me wellness reward is available to all benefit eligible employees. Spouses and dependent children age 18+ can utilize the wellness program features, but are not eligible for the incentive.



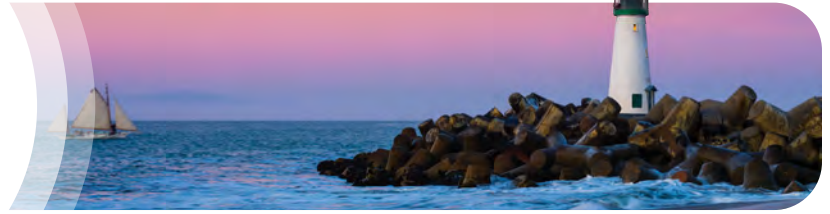
Being active is more than a goal — it's a way of living



Activities	Action(s) to Earn Points	Points/Max.	✓
Your Tobacco Status			
Tobacco Status	Certify that you are tobacco-free via the online tobacco affidavit or complete the 12-week Health Advocate Tobacco Cessation Program online. Earn points by participating in at least 8 weeks.	50/50	
Know Your Numbers			
Health Screening	Gain insight into your health needs and risks for chronic diseases. Complete your health screening: <ul style="list-style-type: none"> • At a lab using a LabCorp voucher • With your doctor using a physician form Exams starting October 1, 2022 are eligible for points	150/150	
Keeping Track of Your Health			
Preventive Care Exams	Stay on top of your health by completing preventive care exams. Visits occurring between October 1, 2022 and September 30, 2023 will qualify for points. Log on to the Health Advocate website or app to self-report your exams. Earn points for the exams below: <ul style="list-style-type: none"> • Breast Cancer Screening • Cervical Cancer Screening • Colon Cancer Screening • Prostate Cancer Screening • Skin Cancer Screening 	100/200	
Flu Shot	Protect yourself and others by getting a flu shot. Log on to the Health Advocate website or app to self-report your flu shot. Flu shots occurring between October 1, 2022 and September 30, 2023 will qualify for points.	100/100	



Live each day
with **intention**
and **direction**



Activities	Action(s) to Earn Points	Points/Max.	✓
Keeping Track of Your Health			
COVID-19 Vaccination	<p>Protect yourself and others by getting your Covid-19 vaccination. Log on to the Health Advocate website or app to self-report your vaccine/booster.</p> <p>Vaccinations/boosters occurring between October 1, 2022 and September 30, 2023 will qualify for points.</p>	100/100	
Take Action for Better Health			
Don't Weight, Make a Change Program	<p>Learn tips, tricks and long-term strategies to help you not only lose weight, but keep it off in this 12-week program.</p> <p><i>Complete all chapters to earn points.</i></p>	150/150	
Wellness Workshops	<p>Participate in online, self-paced workshops on nutrition, fitness, stress, resilience, financial wellness, and more! <i>Complete all chapters to earn points.</i></p>	125/250	
Organizational Challenges	<p>Fun challenges are planned to encourage healthy changes and 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>	100/400	
Create Healthy Habits			
Healthy Behavior Tracking	<p>Track your progress and reach healthy goals! Connect your fitness device or manually track your activity. See chart on page 5 for trackers.</p>	100 pts Max can be earned	



855.737.8585

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/benefits4me

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Well-being is a journey, not a race



Activities	Action(s) to Earn Points	Points/Max.	✓
Other Ways to Participate			
Behavior Change Program	<p>Take advantage of several behavior change programs being offered by Wellness Workdays throughout the program period:</p> <ul style="list-style-type: none"> • Work Your Weight • Wallet Watch • Sustainable Superfoods <p><i>Your completion will be sent to Health Advocate for points within 30 days of completing the program.</i></p>	150/450	
Community Wellness	<p>Participate in one of the following: Blood donation, charity walk or run, donation to a local charity or volunteer for a minimum of 2 hours and log completion on the Health Advocate member website.</p>	50/100	
Monthly Well-Being Webinars	<p>View a well-being webinar offered by Wellness Workdays and log your completion on the Health Advocate member website.</p>	50/300	
Well-Being Reimbursements	<p>After purchasing an approved well-being reimbursement item, submit your receipt to earn points and offset the cost of these purchases.</p> <p>If you have already earned the full 500 points by participating in wellness activities, you cannot receive a well-being reimbursement. The 200 points are part of, not in addition to, the \$500 wellness incentive.</p>	25/200	



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Small steps add
up to **big gains**



Track healthy habits and meet the recommended goals to earn points.
Earn a maximum total of 100 points across all trackers.


Health Tracker	Recommended Goal	Points
 Fiber	Improve your digestion by consuming 25 grams or more daily	1
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1
 Sleep	Function your best by sleeping 7 to 9 hours each night	1
 Sodium	Strive for healthy blood pressure by reducing your intake to 1,500 mg or less daily	1
 Steps	Stay on your feet by taking 10,000 or more steps daily	1
 Stretching	Improve your flexibility by stretching for 10 or more minutes 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 this activity 2 or more days weekly	5
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5

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



Sync your fitness device, wellness app or Apple Health for easy tracking!

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.



Frequently Asked Questions

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

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/benefits4me
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: Are my rewards taxable?

A: Due to IRS rules, incentives are considered taxable income and will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

Q: When is Health Advocate available?

A: Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Staff is available for assistance after hours and on weekends.




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Never stop
improving yourself

No matter your goals, Health Advocate can help guide you toward increased well-being.

In addition to the well-being activities and resources outlined in the previous pages, you have access to:



Recipes and Meal Plans

- Step up your morning meal game with **bold breakfasts and brunch**
- **Easy make-ahead lunches**—so tasty you'll enjoy eating them all week!
- Quick and easy-to-prepare **dinner recipes**
- Access **meal plans** for a variety of healthy goals such as heart health, weight loss and more



Fitness Discounts

1. Log on to your Health Advocate website or app and click on the **Well-Being** menu
2. From the Browse Topics Section, select **Discount Gym Memberships**
3. Click **Activate Benefit** and input your information
4. Review all of your discount options including online classes, nutrition resources and more!



Your Go-To Resources

- **Health Advocate Blog:** Information to help you live well, find balance and more! Visit blog.healthadvocate.com and subscribe to get timely tips sent direct to your inbox.
- **Health Information Center:** Access resources on virtually any health topic
- **Well-Being Resource Pages:** Watch videos, read articles, and learn about free apps and more on topics such as mindfulness, fitness, nutrition and financial wellness



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