Take Control of Your Health & Well-Being

DESIGNED WELLNESS
POWERED BY ACEC LIFE/HEALTH TRUST
Our Partnership With ACEC Life/Health Trust
ACEC Life/Health Trust
Mission & Vision

Mission:
• To provide health care benefit solutions and services to support the business objectives of ACEC member firms and the health and well-being of the firms’ employees and families

Vision:
• To establish consulting engineering as the healthiest industry in the U.S.
The Basics
It Starts With You

• Regularly monitor your health

Avoid illness

Detect issues early on

Minimize your health risks

Minimize the cost associated with managing chronic conditions
It Starts With You

Effectively prevent or manage any chronic medical conditions

Chronic diseases cause 7 out of 10 deaths in the U.S.

Avoid complications that can affect your health and quality of life—and health care costs
Meet Designed Wellness
Introducing Designed Wellness

Each employee and spouse that is covered by the ACEC Life/Health Trust medical plan can participate in Designed Wellness.

To help you on your journey, Designed Wellness will:

• Provide you with information about your current health status
• Help you set realistic wellness goals
• Arm you with tools and resources to help you reach those goals
• Offer support along the way
• Award cash incentives for participating in certain healthy activities
Key Components

Personal Health Assessment
Biometric Screening
Health Improvement Programs
Healthy Activities
Personal Account on the Web Portal

All Provided at No Cost and 100% Confidential!
100% Confidential

HIPAA compliant

We do **not** have access to any individually identifiable medical information

Only de-identified, aggregated data can be shared

Administered by independent third parties (RedBrick Health and LabCorp)
Accessing Designed Wellness

Online

https://designedwellness.redbrickhealth.com

Mobile App

Search for “RedBrick Health” in app store or Google Play. Select “ACEC” as the provider.
$300 Incentive

- Each covered employee or spouse can earn up to $300 per year in incentives.
- Incentive is earned as you go with the option to redeem at any time during the program year.

### Required Activities

<table>
<thead>
<tr>
<th>Health Assessment - $50</th>
<th>Biometric Screening - $100</th>
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<td>15 minute online questionnaire to self-report health and lifestyle.</td>
<td>Series of health tests that can offer insight about your health status.</td>
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### Healthy Measurements

Incentive dollars are automatically awarded for meeting ideal measurements during the biometric screening:

- **Body Mass Index < 30**
  - $25

- **Blood pressure <130/85**
  - $25

- **Fasting Glucose ≤100**
  - $25

- **Triglycerides <150 mg/dL**
  - $25

- **HDL Cholesterol >40 for men, >50 for women**
  - $25

### Healthy Activities

Complete other activities to earn more incentive dollars:

- **Next Steps Consult - $50**
- **8 week Naturally Slim Program- $150**
- **6 Telephonic Coaching Calls - $150**
- **Journeys - $1/day**
- **Tracking - $1/day**
- **Challenges - $25**
Personal Health Assessment—All About You

Helps you identify your current health status and identify potential risks or issues

• 35 questions
• Questions change depending on your answers
• Takes just 15 minutes
• Results stored online in a secure personal account
Biometric Screening—Greater Insight

- Cholesterol
- Blood glucose (sugar) levels
- Triglycerides
- Blood pressure
- Body mass index (BMI)

Takes approximately 10-15 minutes

To prepare for a screening, we recommend fasting for 9 – 12 hours to produce the most accurate results.

If there is any medical reason why fasting is inadvisable, you can complete a screening without fasting.
Biometric Screening—Greater Insight

Three ways to participate:

1. On-site screening
2. Via LabCorp our Community Access Partner
   Print off voucher and bring with you to your appointment.
3. With your personal physician
   Print off physician form and bring with you to your appointment.

*Your results will be completely confidential and uploaded to the secure web portal
Optional Activities
Next Steps Consult

After completing the Biometric Screening and Personal Health Assessment, the Next Steps Consults is a good next step in the program.

- Personalized 15 minute consultation with a health care professional to support and guide participants in understanding their assessment and screening results and providing recommendations for the best follow-up activities.
- $25 is earned for completing the call.
Telephonic Health Coaching

- Partner with a knowledgeable health coach over the phone who will provide support and education to help you reach your personal health goals.
- Kickoff session with a health coach to get an overview of the program, set initial goals, and establish next steps to success.
- Each additional session lasts between 20-30 minutes that can be scheduled at your convenience.
- $150 is earned for completing at least 6 coaching calls.
Telephonic Health Coaching

Select the type of coaching you want to engage in and a scheduler will open up.

Coaching: Back, Muscles and Joints
Phone Coaching: Blood Pressure
Phone Coaching: COPD
Phone Coaching: Cholesterol
Phone Coaching: Depression
Phone Coaching: Diabetes
Health Journeys

• Self-guided programs that cover a variety of health and fitness topics.

• You get to pick the healthy steps—which may incorporate activities as well as brief videos—that appeal to you, and unlock new levels of healthy habits as you go.

• Continue to personalize your experience by giving feedback on the steps you like and the ones you don’t.

• $1 is earned for each step completed in a Journey
Track or Sync

- Add your physical activity, nutrition, and healthy behaviors activity to the website to earn incentive credit.
  - Sync activity tracking devices or apps with the web portal automatically transfer physical activity data.
  - Compatible devices/apps: Fitbit, Apple Health, Garmin, GoogleFit, RunKeeper, MapMyFitness, and Jawbone.
- **If you don’t have an activity tracking device or app**, you can manually enter any physical activity that you are doing.
- $1 per day is earned if you complete 30 minutes of physical activity or the equivalent
Health Challenges

• With fun themes and the camaraderie of being part of a team, these exciting, social challenges give you the opportunity to fire up your competitive spirit.

• Each challenge will be announced before the event begins. Look for opportunities to participate throughout the year.

• All Challenges are administered by ACEC Life/Health Trust
- Non-traditional health management program that teaches principles and skills of mindful eating.
- Change how you eat instead of what you eat.
- Weekly hour long video lessons.
- Online tracking, support and interaction with the community of participants.
- Participant must complete at least 8 weeks of the program to earn $150 in incentive credit.
Incentive Redemption
Real-Time Rewards

• Real-Time Rewards is a fulfillment model that provides choice, convenience, and instant gratification, by enabling participants to immediately redeem incentive dollars as they earn them for an array of e-gift cards or donation options.

• E-gift cards can be used immediately online or printed and used at a retail store, if applicable.

• Tax to be applied on redeemed gift cards.

• RedBrick will provide each firm with a taxation file on a monthly basis to administer taxes.
Gift Card and Donation Options

- Leading vendors across food, retail, entertainment and lifestyle for broad appeal
- Immediate fulfillment with on-line and in-store redemption
- Inclusion of non-profit organizations supports community awareness
Next Steps

• Your new program year will be launched \{INSERT DATE\}.

• Visit https://designedwellness.redbrickhealth.com and click on “Activate your account to get started”

• Input your personal information and create a username and password

• If you registered previously, continue logging in using the same username/password.

• Start by completing the health assessment and biometric screening and review recommended directions based on your health needs.
Contact Information

If you have any technical issues or problems with the web portal, please contact the RedBrick Customer Service Line.

RedBrick Customer Service

1-844-724-5268
Thank You.