

AHIP plan launch email

SUBJECT LINE: Focus on your well-being and earn up to \$400 in rewards



What you begin today can affect where you'll be tomorrow, no matter what your well-being goals are.

Whatever your tomorrow is, we can help you get there.

Getting active, improved nutrition, emotional health, resilience, financial wellness—with the Designed Wellness Accountable Health Improvement Plan (AHIP) powered by RedBrick Health, you can tackle all of your well-being goals, with access to a powerful online experience plus expert guidance and support.

Earn up to [\\$400 in rewards](#) by achieving healthy results from your biometric screening and/or completing additional healthy activities throughout the year. Redeem your rewards for gift cards directly from your AHIP account, or donate your rewards to charitable organizations.

[Get started](#) today.

- If you haven't already, activate your account at DesignedWellness.RedBrickHealth.com or the RedBrick Health app.
- Got a few minutes? Take your online annual health assessment to get personalized recommendations. **Required to earn rewards.**
- Get an annual biometric screening to learn your health numbers such as cholesterol, blood pressure and glucose. **Required to earn rewards.**
- Depending on your screening results, you may also need to complete eight consecutive weeks of the Naturally Slim Health improvement program or six calls with a RedBrick health and wellness coach. **Required to earn rewards for select participants.**

After completing the steps above, you'll receive personalized recommendations for [Healthy Activities](#) directly on the home page of your AHIP account such as health coaching, tracking physical activity and healthy choices, upcoming challenges and more.

Get started on your path to better well-being today. [Visit](#) your **Rewards** page for a complete list of all the ways you can participate and earn up to \$400 in rewards this year.

The Accountable Health Improvement Plan (AHIP) is in compliance with federal Equal Employment Opportunity Commission (EEOC) regulations. [Learn more.](#)