

Basic plan launch email

SUBJECT LINE: Focus on your well-being and earn rewards with Designed Wellness



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 Basic plan 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 your chance to win quarterly drawings for prizes up to \$250 by completing key activities throughout the year as you take steps to get healthier. Redeem your rewards for gift cards directly from your Designed Wellness 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.
- After completing your health assessment, you'll receive personalized recommendations for Healthy Activities directly on the home page of your Designed Wellness account such as online Redbrick Journeys, tracking physical activity and healthy choices and upcoming challenges.

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 your chance at prizes up to \$250.

The Designed Wellness program is in compliance with federal Equal Employment Opportunity Commission (EEOC) regulations. [Learn more.](#)

* Only employees and spouses who are enrolled in an ACEC Life/Health Trust medical plan are eligible to earn rewards. View your rewards information by visiting the Rewards tab on the Designed Wellness website.