



DO THIS. LIVE THIS.



It really can be that simple.

ACEC Life/Health Trust's partnership with RedBrick Health to bring you the Accountable Health Improvement Plan (AHIP) means that you have access to a powerful set of tools, plus expert guidance and support, to help you create healthy habits and reach your wellness goals.

Start the year off right. If you haven't already, register your account, complete your health assessment and biometric screening for a clear snapshot of your current health, and see your personalized HealthMap to get a glimpse of the customized healthy activities available to you. Visit your Rewards page for a complete listing of all the ways you can participate and earn credit toward your incentive throughout the year.

Get started by visiting DesignedWellness.com/webportal.

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