

SET HEALTHY GOALS TODAY

CONQUER THEM TOMORROW



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

What you begin today can considerably affect where you'll be tomorrow, no matter what your well-being goals might be. Better nutrition, more exercise, emotional health, resilience, financial wellness—with the Accountable Health Improvement Plan (AHIP) program powered by RedBrick Health, you can tackle them all.

Get started today.

If you haven't already, activate your account. Then take your health assessment online and get a biometric screening (both activities are required to earn rewards). You'll get a snapshot of your current health and see your personalized recommendations of the healthy activities available to you.

Visit your **Rewards** page to see all the ways you can participate and earn up to \$400 in rewards.

Get started today at
DesignedWellness.RedBrickHealth.com.



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844-724-5268

