

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 Designed Wellness Premier 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 for a snapshot of your current health and personalized recommendations of the healthy activities available to you.

Visit your **Rewards** page to see all the ways you can participate and earn your chance to win quarterly drawings.

Get started today at
DesignedWellness.RedBrickHealth.com.

*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.

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DESIGNED WELLNESS
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