



SET HEALTHY  
GOALS TODAY

CONQUER THEM  
TOMORROW

# Designed Wellness Basic Plan

Whether you're looking to lose weight, get active, lower your stress or just feel better in general, the Designed Wellness program is here to help, with expert guidance and real support.

Use this guide to learn about the features of the Basic plan, and choose the route you'll take to better health, as well as the rewards you can earn along the way.

## Get rewarded for getting healthier

With the Designed Wellness Basic plan, you and your benefits-enrolled spouse or domestic partner can earn rewards when you take steps to get healthier.

Review the table below to find out how you can earn up to 150 points each quarter for your chance to win prizes up to \$250 by completing healthy activities throughout the year.

Prizes are redeemable for gift cards directly from your Designed Wellness account. Or you can donate your rewards to charitable organizations including Habitat for Humanity, National Parks Foundation or the American Cancer Society.

HEALTHY ACTIVITY	COMPLETING THE ACTIVITY	POINTS
<b>Take the personal health assessment</b>	Each year, complete the online health assessment to get an updated snapshot of your health. The assessment takes about 15 minutes to complete.	<b>50</b>
<b>Healthy activities</b>	<p>After completing your health assessment, you'll receive personalized recommendations for a variety of healthy activity options including:</p> <ul style="list-style-type: none"> <li>• RedBrick Journeys®—Personalized online experiences</li> <li>• RedBrick Track®—Log your daily healthy habits</li> <li>• Challenges—Fun and social competitions</li> </ul>	<b>Up to 150 points/quarter</b>

**Take full advantage of these healthy activities for your chance to win prizes up to \$250.**

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.

## REDBRICK JOURNEYS PERSONALIZED ONLINE EXPERIENCES

Journeys are made up of small steps that inspire healthy new actions. Try an online Journey focused on one of the health topics listed below to help you get more active, feel more confident about your finances, eat healthier, strengthen your resilience and more. You get to pick the healthy steps—which may incorporate activities as well as brief videos—that appeal to you, and work at your preferred pace, unlocking new levels of healthy habits as you go. You'll find that changing habits doesn't have to be hard, and trying something new can be fun.



### Arthritis

Whether you have a new diagnosis or have been living with arthritis for a while, these Journeys offer ideas for how to live well while managing the condition. Making small adjustments to daily life can help ease symptoms so you feel better.



### Back Pain

We help Journeyers prevent back pain one small step at a time. These Journeys focus on safe, gentle movement, improved posture, strength-building exercises and lifestyle choices that ease the effects of tension and stress.



### Asthma/COPD

There's no shortage of information about asthma triggers and action plans. Journeys like *Make a Plan to Breathe Easier* help people with asthma practice the habits that will help them breathe better and feel good.



### Blood Pressure

Whether you've been diagnosed with high blood pressure or you're living with prehypertension, these Journeys can help you move your numbers to a healthier zone. Simple steps center on eating healthier, getting active and managing medications.

## REDBRICK JOURNEYS PERSONALIZED ONLINE EXPERIENCES, CONTINUED



### Cardiovascular

These Journeys help you understand various heart conditions and how to manage them. Self-care tips and ideas on how to make healthy tweaks offer plenty of optimism as you move forward.



### Cholesterol

Eating right and getting more exercise are powerful ways to move the needle on heart-healthy cholesterol. The key is turning good intentions into healthy, sustainable habits.



### Diabetes

Diabetes Journeys start with the premise that each individual is his or her own best coach. You can try and extend new habits by practicing fresh new ways to eat and move more, to engage your care team effectively and to monitor your own health at home.



### Financial Wellness

Financial know-how, combined with better saving and spending habits, can make a huge impact on financial health. These Journeys help users break down financial lingo, form new habits and navigate healthcare spending.



### Nutrition

It takes more than nutritional guidance to change behavior—especially when culture and environment keep us stuck in old habits. Journeys such as *More Veggies in No Time* let you first “try on” and then practice new habits for better nutrition, weight loss and just feeling better.



### Physical Activity

There's a Journey for every point on the fitness spectrum. Physical Activity Journeys introduce engaging ways to work exercise into daily life and then help you to extend and “habitize” your way to greater fitness and energy.



### Pregnancy

Pregnancy can be overwhelming, thrilling—and motivating. These Journeys break down the healthiest nutrition, exercise and preventive care practices into engaging, bite-sized steps.



### Sleep

Whether it's getting more exercise or choosing the right pillow, a good night's sleep depends on what we do all day. These Journeys help you set up your daily life for the rest you need to boost energy and build health.



### Stress

Journeys like *Peak Performance Mind* help you practice new ways of seeing and responding to the inevitable pressures life can throw your way. Small steps help refocus your energy and regain your sense of calm.



### Tobacco

Real change is possible when tobacco users can replace current habits with healthy new ones. Each Tobacco Journey moves participants toward quitting for good through real-time practice gathering social support, prepping the environment and getting past triggers.



### Weight Loss

These Journeys help you find the key to success by letting you try small steps that engage rather than overwhelm. With any Weight Loss Journey, the goals are small, specific and memorable, and lead to long-term habits that can be sustained.

## REDBRICK TRACK GET YOUR WELL-BEING IN SYNC

RedBrick Track is an online tool that makes it a snap to log your daily habits. As you follow your well-being efforts, you'll discover how your healthy choices can help you meet your goals and achieve a balanced, healthy lifestyle. Record physical activity in *Get Active*, nutrition habits in *Eat Healthy*, and social/emotional wellbeing activities in *Live Well*.

Achieve a daily wellness score of 300, and not only will you start to see what matters most to your overall health, but you will also earn rewards. And, if you use a wearable device or fitness app, you can sync it with Track and watch your steps add up automatically. Learn more about sync options in your RedBrick account.

## CHALLENGES FUN AND SOCIAL COMPETITIONS

RedBrick Challenges give you the opportunity to fire up your competitive spirit, scrap the excuses and just get started once and for all. Participate by embracing the action alongside others with fun themes such as *Get in the Game*, *Be Fit Boot Camp*, *Fit for Fall* and *Let's Rock Challenge*.

Team up with co-workers and family members to see who can achieve the most steps or minutes of physical activity (*Get Active*), or points for good nutrition (*Eat Healthy*) as well as *Live Well* activities.

Each competition will be announced before the event begins. Look for opportunities throughout the year.

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Your privacy is important to us and we protect your personal information. Want to know more? Read our privacy policy at [home.RedBrickHealth.com/privacy](https://home.RedBrickHealth.com/privacy).

 [DesignedWellness.RedBrickHealth.com](https://DesignedWellness.RedBrickHealth.com)

 **RedBrick Health app**

Sponsor: 



 **844-724-5268**

Monday – Thursday, 7 a.m. to 10 p.m. CT  
Friday, 7 a.m. to 7 p.m. CT  
Saturday, 7 a.m. to 2 p.m. CT