

# SET HEALTHY GOALS TODAY

# CONQUER THEM TOMORROW

## DESIGNED WELLNESS ACCOUNTABLE HEALTH IMPROVEMENT PLAN (AHIP) REWARDS CHART

With AHIP, you and your benefits-enrolled spouse or domestic partner can earn rewards when you take steps to get healthier. **Completion of the health assessment and biometric screening is required to earn rewards.** Review the table below to find out how you can earn up to \$400 in rewards by achieving healthy results from your biometric screening and/or completing additional healthy activities throughout the year.

Rewards 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	WHAT YOU NEED TO DO	REWARD	FREQUENCY
Program Requirements (Earn \$200 for completing all program requirements)			
Health assessment	Complete your annual health assessment.	Required to earn rewards	1x
Biometric screening	Complete your annual biometric health screening.	Required to earn rewards	1x
Health improvement program	Complete six calls with a RedBrick health and wellness coach, or eight consecutive weeks of the Naturally Slim weight management program. <b>Required to earn rewards for participants whose biometric screening results show glucose out of range, or who did not meet three or more target biometrics from their health screening</b> (see the healthy numbers ranges below).	Required to earn rewards for select participants	1x
Healthy Activities (Earn up to \$200 for completing additional activities)			
Healthy numbers	As a reward for good health, you'll earn rewards just for having your screening results in a healthy range: <ul style="list-style-type: none"> <li>• Body Mass Index (BMI) &lt; 30</li> <li>• Blood Pressure &lt; 130/85</li> <li>• HDL cholesterol &gt; 40 (males) and &gt; 50 (females)</li> <li>• Glucose ≤ 100 (fasting)</li> <li>• Triglycerides &lt; 150</li> </ul>	\$25 each	1x
Next-Steps Consult®	Following your health assessment and/or biometric screening, complete a 15-minute phone call with an expert guide to find activities that are the best fit for your needs and goals.	\$50	1x
Journeys®	Chart your steps in a Journey.	\$1 (up to \$100/year)	1x/day
RedBrick Track®	Track your physical activity, nutrition or well-being activities (to earn credit you must achieve a daily wellness score of 300).	\$1 (up to \$100/year)	1x/day
Health coaching	Complete six calls with a health and wellness coach.	\$150	1x/year
Challenges	Register for and participate in a challenge.	\$25	3x/year

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