



SET HEALTHY GOALS TODAY

CONQUER THEM TOMORROW

DESIGNED WELLNESS BASIC PLAN REWARDS CHART

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	WHAT YOU NEED TO DO	POINTS	FREQUENCY
Health assessment	Complete your annual health assessment.	50	1x
Journeys®	Chart your steps in a Journey.	1 (up to 50 points/ quarter)	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 50 points/ quarter)	1x/day
Challenges	Register for and participate in a challenge.	50	3x/year

Journeys is a registered trademark of Virgin Pulse, Inc.

*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.