

SET HEALTHY GOALS TODAY

CONQUER THEM TOMORROW

DESIGNED WELLNESS PREMIER PLAN REWARDS CHART

With the Designed Wellness Premier plan, 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 \$300 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
Health assessment	Complete your annual health assessment. This activity is required to earn rewards.	\$50	1x
Biometric screening	Complete your annual biometric health screening. This activity is required to earn rewards.	\$100	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
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"> • Body Mass Index (BMI) < 30 • Blood Pressure < 130/85 • Glucose ≤ 100 (fasting) • HDL cholesterol ≥ 40 (males) and ≥ 50 (females) • Triglycerides < 150 	\$25 each	1x
Naturally Slim program	Enroll in this weight management program to start your weight loss journey with small but powerful steps. You must complete eight consecutive weeks of the program to earn your reward.	\$150	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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