New Firm Welcome Guide

ACEC Life/Health Trust
Dear Wellness Champion,

Thank you for your decision to partner with the ACEC Life/Health Trust for your firm's medical and wellness benefits. We are excited to have you on board as we work together to make the Consulting Engineering Industry the healthiest in the U.S.

ACEC Life/Health Trust strives to provide our firms and members with the highest quality value-added services. The following welcome guide serves as an overview of the product offerings available to our member firms, as well as resources for the medical and wellness benefits available to you.

The ACEC Life/Health Trust team is here to support you throughout this journey. Please do not hesitate to let us know how we can help you, as you take the next step to increasing the productivity, health and well-being of your workforce.

Yours in health,

Pat Feyen
President
ACEC Life/Health Insurance Trust
ACEC LIFE/HEALTH TRUST PROGRAMS

ACEC Life/Health Trust provides healthcare benefit solutions and services to support the business objectives of ACEC member firms and the health and wellbeing of their employees and families.

Solutions include but are not limited to the following:

1. Medical & Healthcare Solutions
2. Designed Portfolio
3. Benefitsolver (HR Benefits System)
Engineering Firms can join the Life/Health Trust.

Any Engineering Firm who is also an active member of ACEC National (acec.org) can become a member of the ACEC Life/Health Trust.

Click Here for Overview Document
MEDICAL INSURANCE OVERVIEW
1. Health4Me
2. Real Appeal
3. Care24 Employee Assistance Program
4. Maternity Support
5. Cancer Support
6. Personal Health Support
7. 24/7 Doctor/Nurse Support
8. Access to Premium Doctors at no charge
9. Mental Health Services Included (3 FREE visits per year)

FOR A FULL LIST OF COVERAGE DETAILS CONTACT
877-842-3210 or visit www.myuhc.com
1. Access to National PPO Networks
2. 75,000 Pharmacies Nationwide
3. Save on Gym Memberships and name-brand home fitness and nutrition products provided by Globalfit®
4. Save on Omron Blood Pressure Healthcare Products
5. Save 40% on purchases of books, greeting cards and kits 1 from the American Cancer Society bookstore.
6. Save on Hearing Care Solutions & HearPo®
7. Save on Waterpik Dental Products

FOR A FULL LIST OF COVERAGE DETAILS VISIT

www.meritan.com
DESIGNED PORTFOLIO
Designed Portfolio - PORTFOLIO PRODUCTS

- Designed Wellness
  - Powered by ACEC Life/Health Trust
  - Supported by the services and technology of Redbrick Health®

- Designed Advocate
  - Powered by ACEC Life/Health Trust
  - Supported by the services and technology of UnitedHealthcare

- Designed Virtual Care
  - Powered by ACEC Life/Health Trust
Any firm with medical coverage through ACEC Life/Health Trust is eligible to use Designed Wellness.

All employees and spouses of your firm are eligible to participate in the Designed Wellness program and earn incentives.

Click Here to view our Basic Plan Introduction Videos:

1. Employee/Participants Video
2. Firm Video
**BASIC PLAN**

- The earned points equate to entries into randomized quarterly prize drawings ranging from $25 to $250. Prizes will be redeemed through Real Time Rewards as gift cards or charitable donations.
- Participant will be entered into the raffle drawing if they accumulated at least 25 points and they are only eligible to win one prize per year (maximum value of $250)
- Participation and Utilization of program Apps

**PREMIER PLAN**

- Any member firm can request to join the Premier Plan at their medical renewal and must complete the [Request to Join Form](#).
- Each covered employee or spouse can earn up to $300 per year in incentives. After the requirements are met, incentive is earn as you go with the option to redeem at any time during the program year.
- Identify a dedicated Wellness Champion/Program Administrator/ Communicate the program objectives and requirements to employees
- To remain in the Premier Plan, Firm must maintain a 10% engagement rate. If 10% is not met, Firm will be moved to the Basic Plan on their next medical plan renewal date.
- Participation and Utilization of program Apps

**AHIP**

- Firms are identified to join the AHIP Plan at their medical renewal
- Identify a dedicated Wellness Champion/Program Administrator
- Communicate the program objectives and requirements to employees
- Administer a premium differential for non-compliant Trust medical plan members
- Achieve a 50% biometric screening rate among members in the first 90 days of the program
- Participation and Utilization of program Apps
Covered employees and spouses can access the Designed Wellness web portal and earn points for completing program features.

- The earned points equate to entries into randomized quarterly prize drawings ranging from $50 to $250. Prizes will be redeemed through Real Time Rewards as gift cards or charitable donations.
- Participant will be entered into the raffle drawing if they accumulated at least 25 points and they are only eligible to win one prize per year (maximum value of $250)

<table>
<thead>
<tr>
<th>Health Assessment – 25 points</th>
<th>Tracking – 1 point per day</th>
<th>Journeys – 1 point per day</th>
<th>Challenges – 25 points for completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete one-time per year</td>
<td>Track physical activity, nutrition, and other wellness activities</td>
<td>Online, self-guided programs to set a wellness goal</td>
<td>Social competition that can be completed as an individual or on a team.</td>
</tr>
<tr>
<td>15 minute questionnaire to self-report health and lifestyle behaviors</td>
<td>Sync activity tracking devices and apps (FitBit, Garmin, Apple Health, MapMyFitness, RunKeeper)</td>
<td>Website prompts individual with steps/tips to complete and individual logs progress</td>
<td>Individuals track physical activity, nutrition, and other wellness activities for a specified duration.</td>
</tr>
<tr>
<td>Results identify their current health status and recommendations are given on next steps it improve health</td>
<td></td>
<td></td>
<td>Administered by ACEC Life/Health Trust</td>
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</tbody>
</table>
1. Plan the program kick-off meeting and communications

2. Schedule your firm's biometric screenings

3. Plan your firm's events/activities

4. Visit Designed Wellness Champions
   - Wellness Champion Training Blueprint
   - Resource Materials/Flyers for local events
   - Annual Health Focus Calendar

5. Follow ACEC Life/Health Trust on LinkedIn

6. Join our Designed Wellness LinkedIn Group
1. Download our 2020 Wellness Calendar for ideas on monthly activities and events and our flyer with helpful URL’s

2. Research local events in your area; Local 5k’s, Local Charities, Local Park’s and Recreation events etc.

Wellness Calendar

www.DesignedWellness.com/Champion
DESIGNED WELLNESS –
EXAMPLES OF MONTHLY & QUARTERLY CONTESTS

April Wellness Challenge

- Challenge Runs April 1 - April 30
- $2K in Gift Card Prizes

Contest Flyer

Challenge Overview

1. Four Weeks of Better Health
2. Spring into Action
3. April Fools’ Day Challenge

Basic Firm Contest

New Year, New You!
The first 2,020 Members to take their Health Assessment will win a $25 Amazon Gift Card*

Kick-Off Your New Year’s Goals by taking your Health Assessment!
ACEC Life/Health Trust is giving away $25 Amazon Gift Cards!

Step 1: Register your account – Register your Designed Wellness account at https://designedwellness.redbrickhealth.com
Step 2: Complete Your Health Assessment

Don’t Forget!
Sponsors are eligible for this program as well, so please share with your loved ones!
* Some winners will be contacted as early as January 10, 2023.
Designed Advocate connects Trust medical plan members with an Advocate Team who are dedicated to helping members understand and reap the full benefits of their healthcare plan.

Designed Advocate is supported by the services and technology of UnitedHealthcare.

Coverage benefits include but are not limited to the following:

1. Access Expert Guidance In Understanding Your Insurance Benefits
2. Find The Best Local Doctors, Dentist, Eye Care Professional
3. Get Price Comparisons For Medical Care Before Your Doctors Visits
4. Compare Local Prescription Prices
5. Get Expert Help Reviewing Medical Bills
Designed Virtual Care provides 24/7/365 phone access to physicians, to help Trust members stay out of the doctor's office and on the go.

Designed Virtual Care is supported by the services and technology of HealthiestYou.

**Coverage benefits include but are not limited to the following:**

- Consult with a Board-Certified Physician 24/7/365 via phone or video call
- Doctors can Diagnose, Treat, and Prescribe for any acute and non-life threatening illness (i.e. cold/flu, UTI, pink eye, etc.)
- Available anywhere in the U.S. and get connected with a doctor licensed in the state you’re calling from

**Benefits starting February 17th, 2020**

1. **Dermatology Services** – Get a diagnosis and treatment for skin conditions like acne, rashes, eczema, etc. in two business days or less.
2. **Behavioral Health Services** – Talk to a licensed therapist from wherever you’re most comfortable.
3. **Expert Medical Services** – Get a second opinion by a leading expert for more serious illnesses like cancer, orthopedic problems, chronic illnesses, and more.
4. **Back Care** - Relieve your back pain through guided videos with a certified health coach.
BENEFITSOLVER
Benefitsolver provides Trust members and firms a state-of-the-art enrollment and eligibility system.

FOR FULL DETAILS OR TO REQUEST A DEMO
Visit www.aceclifehealthtrust.com/enrollment
PROGRAM CONTACTS & COMMUNICATION
WHAT TO EXPECT
PROGRAM COMMUNICATION FLOW

*Communications will come to the main contact at the firm or the Wellness Champion. Each firms’ contact who receives communications, should forward communications to their fellow co-workers.*

**ACEC Life/Health Trust**
1. Welcome Email
2. Designed Wellness Email from Romina Rodriguez, National Membership Manager
3. ACEC Life/Health Trust quarterly newsletter, please forward to Employees
4. Follow ACEC Life/Health Trust on LinkedIn

**UnitedHealthcare / (ADVOCATE4ME)**
1. Welcome Letter with Member Cards included
2. Welcome Postcard with Find Your Plan Details
3. Download Advocate4Me app

**Designed Wellness / REDBRICK-VirginPulse**
1. Launch Postcard/Launch Email
2. Rewards Chart and Program Guide
3. Monthly Emails based on biometric screening results and needs
4. Wellness Champion engage with Redbrick Champion Blueprint

**Designed Virtual Care / HEALTHIESTYOU**
1. Welcome Email from Maya
2. Phone call from Maya, approx. 24-48 hrs. after email
3. Letter to Employee home with Member Card attached
4. Webinar training
5. Misc. Email's as needed to Wellness Champion

**Benefisolver (HR Enrollment & Eligibility system)**
1. Request a Demo or to enroll, visit [www.aceclifehealthtrust.com/enrollment](http://www.aceclifehealthtrust.com/enrollment) or email [enrollment@aceclifehealthtrust.com](mailto:enrollment@aceclifehealthtrust.com)
NEXT STEPS

Increase Employee Utilization in 3 Easy Steps!

**Step 1. Complete Member Roster Form**
This form will allow ACEC Life Health Trust to ensure all employees and spouses receive member-facing communication to enroll them in their health and wellness benefits. **Please complete the member roster within seven days upon receipt.**

**Step 2. Email Member Roster to Romina@aceclifehealthtrust.com**
Employees and spouses which are listed on the member roster file, will receive their health and wellness benefits enrollment email with five business days after receipt of the member roster file is received.

**Step 3. Schedule Employee Onboarding Presentation**
Schedule your firms benefits webinar. This member webinar will provide full details on how to use and enroll in each of the added value health and wellness benefits including: Designed Wellness and Designed Virtual Care.

**Step 4. Whitelist ACEC Life/Health Trust and Vendor Emails**
To ensure you receive all future communications you may need to whitelist the subdomains provided on slide 23. The list outlines the most common communication sources regarding ACEC Life/Health Trust.
WHAT DOES ‘WHITELIST’ MEAN:

A whitelist is “the cybersecurity list,” only giving administrator-approved programs, and IP and email addresses, system access. Whatever is not on the list is blocked.

To ensure you receive all future communications you may need to whitelist these subdomains. The below list outlines the most common communication sources regarding ACEC Life/Health Trust.

ACEC Life/Health Trust-
• Wellness@aceclifehealthtrust.com
• Info@aceclifehealthtrust.com
• Enrollment@aceclifehealthtrust.com
• Sales@aceclifehealthtrust.com
• Romina@aceclifehealthtrust.com

RedBrick/Virgin Pulse-
• platform.virginpulse.com & mail.virginpulse.com

HealthiestYou-
• engagementcenter@teladochealth.com
• clientsuccess@healthiestyou.com
• Mabou-eid@teladochealth.com
PROGRAM CONTACTS

ACEC Life/Health Trust
a) Romina Rodriguez, National Membership Manager
b) Romina@aceclifehealthtrust.com
c) 469-305-0097 Ext. 118

DESIGNED WELLNESS / REDBRICK
Member Customer Service line 844-724-5268

DESIGNED ADVOCATE/ Advocate4Me
a) 800-996-6596
b) Contact The Member Phone Line On The Back Of Your UHC Medical ID Card

d) Maya Abou-Eid, Manager, Client Success
b) mabou-eid@teladochealth.com
c) 480-454-1973

DESIGNED VIRTUAL CARE / HEALTHIESTYOU
a) Maya Abou-Eid, Manager, Client Success
b) mabou-eid@teladochealth.com
c) 480-454-1973

BENEFITSOLVER
a) ACEC@businesssolver.com
b) 833-281-0448
c) Enrollment@aceclifehealthtrust.com
MOBILE APPS
EVERYONE SHOULD DOWNLOAD

Designed Wellness / REDBRICK-VirginPulse

HEALTH4ME (UnitedHealthcare)

Designed Virtual Care / HealthiestYou

Meritain
www.MERITAIN.COM

My Choice Mobile App/ Benefitsolver

ACEC LIFE/HEALTH TRUST
You Belong
FOR FULL PROGRAM DETAILS AND RESOURCES

VISIT

www.aceclifehealthtrust.com