



Point Yourself Toward a Better Lifestyle

2015 EMPLOYEE HEALTH & WELLNESS PROGRAM

OVERVIEW

This is a voluntary program offering you incentives to improve your overall health and earn savings on your monthly health insurance premiums.

WHY SHOULD YOU JOIN?

Besides the out-of-pocket savings on your premiums, there are additional benefits to being part of a wellness program. First, it is important to your own well-being and achieving a *Better Lifestyle* for you and your family. Second, wellness impacts the company's bottom line, because focusing on wellness reduces long term claim costs. Join the employee health and wellness program and "*Point Yourself Toward a Better Lifestyle!*"

If you are already participating, congratulations on choosing a **Healthy Direction!**

HOW CAN YOU PARTICIPATE?

- **Participation is voluntary.**
- Each quarter you will have the chance to participate in the wellness program requirements, for a "wellness" reduction from the base price of premiums for the next quarter.
- If you fail to achieve the required activity in any quarter, the following quarter's premiums will be deducted at the "base" or full rate.

WHAT ARE THE QUARTERLY REQUIREMENTS?

- New for 2015 is attaining 6,000 steps a day
- Each quarter, you may choose to participate in the fitbit pedometer program, reaching a weekly average of required steps on your pedometer OR choose a coaching topic to complete through the UHC health rewards program.

WANT TO EARN A \$25 GIFT CARD?

- Complete a Health Risk Assessment (HRA) online at United Healthcare's www.myuhc.com website and earn a \$25 gift card. If you complete a HRA or Health Risk Assessment in 2014—please update your information as soon as possible! This benefit will not change for 2015.

Note: Completing the HRA will no longer qualify for the quarterly discount. You will earn a \$25 gift card instead.

Contact Human Resources
for more details



fitbit

WIRELESS ACTIVITY TRACKER