

2019 EMPLOYEE HEALTH WELLNESS PROGRAMS



OVERVIEW

The Healthy Directions, Wellness Programs are all voluntary programs which offer incentives to improve your overall health as well as your dependents, along with earn you savings on your health insurance premiums. Options for your participation is listed below as well as opportunities for covered dependent to participate as assist you in receiving a Wellness Discount per quarter.

WHY SHOULD I JOIN?

Besides the out-of-pocket savings and a discount applied per pay, there are additional benefits to being part of the Healthy Directions Wellness Program. It is important for your own health & well-being, achieving a healthier life-style for you and your family. Join in the ATSG Employee Health and Wellness Program today, and start a Healthier Lifestyle with Healthy Directions!

WHEN CAN I JOIN?

Active employees enrolled in a current medical plan, can participate. Join the ATSG Employee Health and Wellness Program today!

HOW DO I PARTICPATE?

Employees have an opportunity to earn quarterly discount when participating in the Healthy Directions Wellness Program. Receive “Wellness” reductions in your base price of health premiums. If an employee fails to achieve any of the requirements in any quarter, the following quarter’s premiums will be deducted at the “base rate” and no wellness discount is applied for the quarter.

WHAT’S NEW FOR 2019?

Charge2 Fitbit replaced with Charge3 in October and Corporate Fitbit (product) discount continues no increase.

WHAT ARE THE QUARTERLY REQUIREMENTS FOR THE WELLNESS PROGRAMS?

See more information at <http://myabx.com/wellness/index.html>

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❖ **Employee must be enrolled in Company Health Plan to participate. Each quarter, employee's participation in any one of the following can obtain a Quarterly Wellness Discount:**

1. **FITBIT (Pedometer) Walking Program:** Employee Walks a minimum 6,000 steps daily (Company Fitbit purchase is at discounted corporate rate and is payroll deducted; Company purchased Fitbit not required)
www.fitbit.com
2. **RALLY:** Complete Health Survey via UHC Website and receive a quarterly discount (once per year) then quarterly thereafter, complete minimum of two (2) on-line missions or module requirements quarterly
www.myuhc.com

❖ **Employee or covered eligible dependent(s) can participate in Livongo or Real Appeal and Employee can obtain Wellness Discount by single participation (Livongo/Real Appeal):**

3. **LIVONGO:** Employee or covered eligible dependent must enroll in this program for wellness discount to be applied
www.livongo.com
4. **REAL APPEAL:** Employee or covered eligible dependent must enroll in this program for wellness discount to be applied. This is a 52 week (on-line) Weight Loss Program
healthydirections.realappeal.com



After completion of an above Wellness Program, data's reported; Employee Wellness Discount is then applied quarterly. Successful enrollment in Livongo, Real Appeal (plus one on-line class), Rally (Health Survey) or quarterly requirements completed, qualify quarterly health premium discount. Individuals with Pedometers other than a Fitbit® product can participate in Companies Wellness Program and, must self-report quarterly steps; contact Tracey for reporting requirements. Garmin, Apple Watch or another like watch type device accepted; steps must show employee registration. No walking APP's are recognized in Fitbit Wellness Program, at this time.

For More WELLNESS Information Contact:

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