

Today is the day to  
get moving.



## ThriveOn 2017 Incentives: Wellness Points Bank Frequently Asked Questions

*Each one of us is responsible for our own health behavior. Your ThriveOn Health and Wellness Program encourages you to know your health status and supports you to make changes to optimize your health and well-being. Check out the information below on how you can get started improving your health while earning money.*

### Earn 100 Points. Improve Your Well-Being. Get Entered into a Drawing.

You and/or your spouse/domestic partner will receive a total of 45 points for having completed your 3 things for \$300 (Online Health Assessment, Health Screening, Be Tobacco-Wise). You can then pick and choose from the following activities to reach a total of 100 points. **If you reach 100 points by November 30, 2017, you will be entered into a drawing for \$1,000.** We will be drawing 10 names and giving away 10 - \$1,000 cash prizes.

Category	Activity	Points	Max Points Per Category
3 Things to Get Started	*REQUIRED FOR INCENTIVE* Online Health Assessment, Health Screening, Be Tobacco-Wise	45	45
StayWell Coaching Programs	Phone Coaching ( <i>minimum 3 calls</i> )	15	25
	Self-Directed Coaching ( <i>up to 5 topics to choose from</i> )	10	
	Digital Workshops ( <i>up to 4 topics to choose from</i> )	5	
Exams	Physical Exam	15	25
	Dental Exam	10	
Activities & Events	Wellness Activities ( <i>Can complete up to 5 activities; Examples might include exercise, community events, meditation, volunteering, financial planning</i> )	5	25
Challenges	ThriveOn Challenge	10	25
	New! Daily Dash	15	

\*\*See <http://thriveon.staywell.com> for details on all activities\*\*

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**ThriveOn**  
Your Health and Wellness Program



## Who can earn points and be entered into the drawing?

All benefits eligible employees can participate to earn points in the points bank and be entered into the drawing. Spouses and domestic partners who are enrolled in the health plan can also participate to earn points and be entered into the drawing. To be entered into the drawing, you must reach 100 points by November 30, 2017.

## When does the points bank incentive program begin and end?

You can access the points bank beginning March 1, 2017. Keep in mind: **You must first complete your Online Health Assessment, Health Screening, and Be Tobacco-Wise to earn points.** No other points will appear until you complete these 3 things. **The deadline for these first 3 activities is August 31, 2017.** These 3 activities will give you 45 points in your points bank. You will have until November 30, 2017 if you wish to continue on to reach the remaining 100 points for the drawing.

## Where do I track my points?

You can track your points and activities at <http://thriveon.staywell.com> by clicking on **Step 4: Track Your Activities**. Your Online Health Assessment, Health Screening, and Tobacco-Wise points, StayWell Coaching Programs, and Challenges are automatically reported. **It is your responsibility to monitor your points bank and verify that all of your points have appeared prior to the deadline.** Allow 2-4 weeks for your points to appear for these categories. We use the honor system for reporting of Exams and Activities & Events. You will need to log into <http://thriveon.staywell.com> to track the Exams and Activities & Events categories.

You can access this site from any computer. If you already have a username and password, enter where directed. If you are new to the site, follow the steps to create your account. If you are having trouble accessing your account, you can call the StayWell Helpline at 1-855-719-1908. Please log in and verify your points are appearing for the activities you have completed.

## What about the drawing?

If you reach 100 points by November 30, 2017, you will be entered into a drawing for \$1,000. We will be drawing 10 names and giving away 10 - \$1,000 cash prizes. The drawing will take place in December. You will receive an email in December to confirm that you have been entered into the drawing. **It is your responsibility to monitor your points bank and verify that all of your points have appeared prior to November 30, 2017.** If points are not appearing, you can call the StayWell Helpline at 1-855-719-1908.

If you win, the \$1,000 prize will be added to your paycheck.