



ThriveOn 2018 Incentives: Wellness Points Bank Frequently Asked Questions

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

You and/or your spouse/domestic partner will receive a total of 40 points for having completed your 4 things for \$300 (Online Health Assessment, Health Screening, Health Advisor Session, 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, 2018, you will be entered into a drawing for \$1,000.** ThriveOn will be drawing 10 names and giving away 10 - \$1,000 cash prizes.

Category	Activity	Points	Max Points Per Category
4 Things to Get Started	*REQUIRED FOR INCENTIVE* Online Health Assessment, Health Screening, Be Tobacco-Wise, Health Advisor Session	40	50
	Early Health Assessment Completion (by 2/14/18)	10	
Coaching Programs	Phone Coaching (<i>minimum 3 calls</i>)	15	30
	Real Appeal	15	
	Diabetes Management	15	
	Asthma Management	15	
Exams	Physical Exam	15	35
	Dental Exam	10	
	Vision Exam	10	
Weight Outcome	Biometric Values	10	10
Wellness Activities	Wellness Activities (Can complete up to 3 activities; Examples might include exercise, community events, meditation, volunteering, financial planning)	5	30
	ThriveOn Challenge	15	
StayWell Activities	Self-Directed Coaching (Choose from up to 5 different topics)	10	60
	Digital Workshops (Choose from up to 4 different topics)	5	
	Daily Dash	20	

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



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, 2018.

When does the points bank incentive program begin and end?

You can access the points bank beginning January 2018. Keep in mind: **You must first complete your Online Health Assessment, Health Screening, Be Tobacco-Wise, and Health Advisor Session to earn any points.** No other points will appear until you complete these 4 things. **The deadline for these first 4 activities is August 31, 2018.** These 4 activities will give you 40 points in your points bank. You will have until November 30, 2018 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 **Track Your Activities: 40 points = \$300.** Your 4 Things to Get Started, Coaching Programs, Weight Outcome, ThriveOn Challenge, and StayWell Activities 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 Wellness Activities. **You will need to log into <http://thriveon.staywell.com> to report your Physical Exam, Dental Exam, Vision Exam, and Wellness Activities yourself.**

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, 2018, 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, 2018.** 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 and taxed appropriately.