



Earn rewards for living life well



It's that time of year... we're relaunching the Healthy Stewards Program!

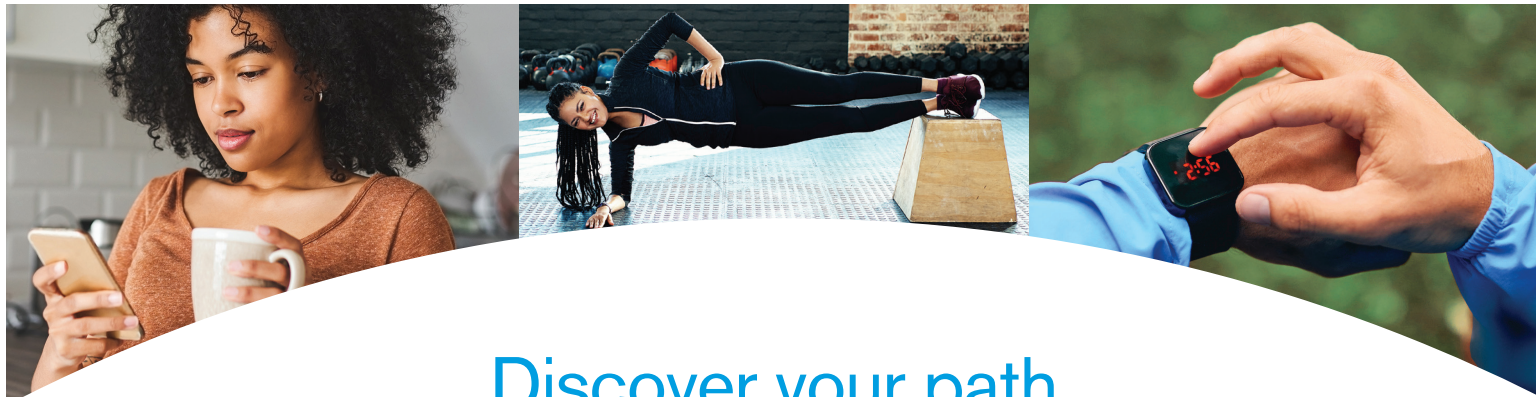
Discover your path to well-being by taking advantage of the activities and resources available through our partnership with Health Advocate.

The Pension Boards United Church of Christ is committed to helping you achieve your best health—and self. We challenge you to make your well-being a priority.

Starting January 1, 2021, complete a selection of wellness activities to earn 300 points. All activities must be completed by December 31, 2021 in order to earn up to \$300 to redeem on the rewards mall.

Keep reading for all the details!





Discover your path to well-being

No matter what your health and wellness goals, Health Advocate can guide you!
The Wellness Program features:



Personal Health Profile

Your current health, in real time



Wellness Coaching

One-on-one support to help you thrive



Recipes and Meal Plans

Nutritious and delicious recipes to fuel your goals



Personal Challenges

Jump-start healthy changes while having fun



Health Trackers

Monitor your progress and celebrate your achievements



Wellness Workshops and Programs

Increase your well-being knowledge on a variety of topics



Health Advocate Blog

Read articles to help you live well, find balance and more



Health Information Center

Access resources on a variety of health topics



Gym Discounts

Find deals at local fitness centers



Health Advice and Tips

View personalized health information and advice tailored to you



Feature in Focus: Live Chat

Instantly connect with a Wellness Coach through our website or mobile app. After logging in, select the chat bubble at the bottom of the screen to get started.



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Healthier is better when we're in it together!

The Healthy Stewards Wellness Program can help you take charge of your health and improve your **well-being**. We've hand-picked wellness activities to help us improve and maintain our health together! Complete a selection of the activities from the charts on pages 4-6 based on your personal health goals. As a reward for completing healthy activities, you have access to a rewards mall, where you can choose to redeem your points for a variety of e-gift cards and fitness devices. Earn three different levels of incentives, up to a maximum of \$300.



Start date:
January 1, 2021



Decide your path,
complete activities



Focus on your health,
feel awesome



Deadline to
earn points:
December 31, 2021



Deadline to
redeem points:
January 30, 2021

Wellness Incentive Details

Earn up to \$300 to redeem on the rewards mall. You will be able to earn three levels of rewards for earning incentive points. Once you reach each level, you will be eligible to earn an additional \$100.

Level 1 - 100 points = **\$100**

Level 2 - 200 points = **\$200**

Level 3 - 300 points = **\$300**

You need to earn all of your points by December 31, 2021 in order to be eligible for your reward. **You must cash in your points on the rewards mall by January 30, 2022 or they will be lost.**

Program Eligibility

The Healthy Stewards Wellness Program is available to all members and spouses/partners enrolled under a Pension Boards medical plan. Both members and spouses can earn up to \$300 each.



Feature in Focus: Healthy Recipes and Meal Plans

Access Registered Dietitian-approved recipes and meal plans to improve nutrition skills based on your health goals, lifestyle and diet. Log into the Health Advocate website or app. From the "I would like to..." menu, select "Search for Recipes."



Small steps lead to big gains

Complete well-being activities to meet your personal health goals and earn points toward your incentive reward. **You've got this!**

All activities need to be completed between January 1, 2021 and December 31, 2021.

Activity	Action(s) to Earn Points	Points/Max. Points
Health Screening	Take charge of your health by knowing your numbers! Complete your health screening: <ul style="list-style-type: none">▪ Onsite at your workplace, if available▪ At a lab using a LabCorp voucher▪ With your doctor using a physician form – physician forms must be submitted to Health Advocate no later than 12/31/2021.	100
Personal Health Profile (PHP)	Complete this online questionnaire to get personalized tips to help improve your health and well-being.	50
Health Education Session	Complete one coaching session with a Wellness Coach to discuss your health screening results, PHP, and goals that you may have for your health.	25
Wellness Coaching – Full Program	When it comes to improving your well-being, you don't have to do it alone! A Wellness Coach can help you meet your health goals and thrive. Earn points by completing 6 sessions over 3 or more months.	50
Preventive Care Exams	Stay on top of your health by completing preventive care exams. Log into Health Advocate to self-report your exams from your To Do List. Earn points for the exams below: <ul style="list-style-type: none">▪ Annual Physical Exam▪ Breast Cancer Screening▪ Cervical Cancer Screening▪ Colon Cancer Screening▪ Osteoporosis Screening▪ Preventive Dental Visit▪ Prostate Cancer Screening▪ Skin Cancer Screening▪ Vision Exam	25/75



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All activities need to be completed between January 1, 2021 and December 31, 2021.

Activity	Action(s) to Earn Points	Points/Max. Points
Flu Shot	Protect yourself and others by getting a flu shot through your doctor or pharmacy. Log into Health Advocate to self-report your flu shot from your To Do List.	25
Wellness Workshops	Participate in online, self-paced workshops on a variety of wellness topics, such as nutrition, fitness, stress, resilience, financial wellness, and more! You must complete all chapters to earn points.	25/75
Don't Weight, Make a Change Program	In this 12-week online program, learn tips, tricks and long-term strategies to help you not only lose weight, but also keep it off!	50
Healthy Behavior Tracking	Track your progress and reach healthy goals! Connect your compatible fitness device or manually track your activity. See chart on page 6 for trackers.	50
Tobacco Cessation Program Completion	Complete the 12-week Health Advocate Tobacco Cessation Program – online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions.	50
Wellness Challenges	Have fun while getting healthy by participating in wellness challenges. In order to earn points, you must track your progress each week of the challenge. You can earn points for two types of challenges:	
	PBUCC Challenges may be offered throughout the year to encourage healthy competition between you and other PBUCC members. Stay tuned for challenge dates and details!	25/50
	Personal Challenges are available to start on your own at any time. They are a great way to jump-start healthy changes. Participate on your own or invite your coworkers.	5/25



Track healthy behaviors for even more points

Use the Health Advocate online trackers listed below and meet the recommended goals to earn points. **You can earn a maximum total of 50 points across all trackers.**

Health Tracker	Recommended Goal	Points
 Distanced Exercised	Log the distance you exercise daily	1
 Fiber	Improve your digestion by consuming 25 grams or more daily	1
 Fruits and Vegetables	Boost your nutrition by eating 5 or more servings daily	1
 Sleep	Function your best by sleeping 7 to 9 hours each night	1
 Sodium	Strive for healthy blood pressure by reducing your intake to 1,500mg or fewer daily	1
 Steps	Stay on your feet by taking 10,000 or more steps daily	1
 Water	Stay hydrated by drinking 64 ounces of water daily	1
 Resilience	Handle stress better by performing at least one resilience activity on 5 separate days weekly	5
 Resistance Training	Increase your strength by performing 2 or more days weekly	5
 Time Exercised	Get fit by exercising for at least 150 minutes weekly	5
 Weight	Log your weight weekly	5
 Charity Work	Give back by completing 2 or more hours of charity work monthly	10

There are many other trackers available on the website for your use that are not eligible for points.



Feature in Focus: Sync your fitness device, wellness app or Apple Health

Easily get points for health trackers by syncing your device or app. From the "I would like to..." menu, select "Sync My Fitness Device." Select your device or app and follow the steps. You will only see Apple Health as an option when logged on through the Health Advocate app on compatible iOS devices.



You did the work. Now get rewarded!

Track your earned points and eligible reward dollars

- **Log on to your Health Advocate member website or app** to track your activity, check your points and start shopping. Once logged on:
- **View your “Reward Balance” and “Current Points”** on the left side of the home page.
- **Click on “Points Detail”** to go to your Incentive Program page, where you will find information on how you can earn points, completed activities, earned points and eligible reward dollars.

Start shopping for your rewards!

- **You can access the rewards mall by clicking on the “Browse or Shop Now” button** on the home page or on the Incentive Program page.
- **Search for particular e-gift cards or fitness devices** using the Keyword Search box or search by category listed on the left side of the page.

Redeem a reward

- **Choose the e-gift card** or fitness device you want and click to add it to your cart.
- **Then visit your cart** and click “Checkout.”
- **Enter your information.** Your name, phone number, and email are required for e-gift cards; all fields are required for fitness devices. Then click on “Review Order.”
- **Make sure all your information is correct**, and then click “Place Order.”

Split tender

- **Want a fitness device or e-gift card**, but don't have enough points to purchase it? You can choose to split tender, which means you can pay for part of it with your points and part of it with your credit card.

Cash out

- **You can also cash out your points** for Amazon and/or Visa e-gift cards by clicking the red buttons on the left side of the rewards mall.

Visa Gift Cards

- **After you place your order for a Visa gift card** and it is processed, Visa will send you an email explaining how you can claim your reward.
- **You can request a virtual Visa gift card or a physical Visa gift card** that will be mailed to you. A \$5 surcharge fee applies for a physical card.

Check your orders

- **You can access detailed information about your orders** by selecting the “Order History” drop-down menu by your name and dollar value.
- **Check your “Order History”** whenever you have a question about any of your orders.

Submit a help request

- **You can submit a help ticket right on the rewards mall website.** Click **Help** in the top right corner of the rewards website for issues like needing help with an order, an item, & more.



To get more details about navigating the Healthy Change website, please visit:
<http://www.healthadvocate.com/wellness/downloads/NavigatingHealthyChange.pdf>



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Frequently Asked Questions

Q: How do I register for the Health Advocate website?

A: Follow these simple steps to register:

1. Visit HealthAdvocate.com/members
2. Register for the website by clicking on "Register Now"
3. Enter the required information, confirm your registration, then log in

Q: What if I am unable to fulfill a requirement of the incentive program?

A: We are committed to helping you achieve your best health. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

Q: What are some common wellness goals Health Advocate supports?

A: We can help you reach goals in areas such as weight loss, fitness, nutrition, tobacco cessation, mindfulness, stress management, prevention and management of chronic disease, and so much more!

Q: Will my information and interaction with Health Advocate remain private?

A: Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.

Q: What other issues is Health Advocate able to assist me and my family with?

A: Health Advocate can help you and your family:

- Weigh healthcare decisions with our MedChoice Support™ tool. Understand the pros and cons of medical services and procedures online or through the app. Click on "Stay Healthy," then "Treatment Alternatives" to get guidance on healthcare decisions and assess your personal preferences so you can make the best care choices.
- Identify emotional and mental health issues and find strategies to cope through support from a Licensed Counselor
- Access more long-term help from a qualified professional, if needed
- Locate the right support resources such as childcare, eldercare and more
- Connect with specialists for help with work/life balance, legal and financial issues
- Take advantage of special offers like discounted fitness center memberships
- Access up-to-date health and wellness information, articles and a monthly newsletter full of healthy tips

Q: When is Health Advocate available?

A: We're available 24/7 through our website or mobile app. Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness Coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.



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