



Healthy Stewards

2023 Well-Being Program Guide

The Pension Boards United Church of Christ is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
January 1, 2023



Complete activities
that will help you thrive



Deadline to earn points:
December 31, 2023



Deadline to redeem points:
January 31, 2024



Feel good knowing you've
earned a reward

Well-Being Reward Details

Earn a total of 300 points by completing the well-being activities outlined in this guide to receive up to \$300 reward dollars redeemable on Health Advocate's Rewards Mall. For every 100 points you reach, you will earn \$100 in reward dollars. You can redeem your earnings for e-gift cards, fitness gear and other healthy merchandise.

- Level 1 - 100 points = \$100
- Level 2 - 200 points = \$200
- Level 3 - 300 points = \$300

Well-Being Reward & 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.



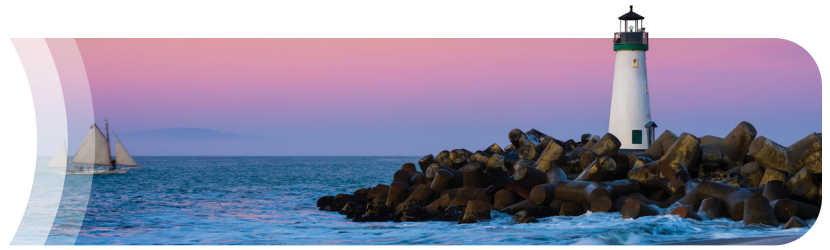
Being active is more than a goal — it's a way of living



Activities	Action(s) to Earn Points	Points/Max. ✓
Healthy Actions		
Personal Health Profile (PHP)	Complete this online survey to assess your lifestyle and its impact on your health.	50/50
Personal Pathfinder	Take this assessment to help guide you to your well-being priorities and discover what is most important to you.	5/20
Your Tobacco Status		
Quit Tobacco Pathway Completion	Complete the 12-week Quit Tobacco Pathway online or with a Wellness Coach. Earn points by completing at least 8 weekly sessions.	50/50
Know Your Numbers		
Health Screening	<p>Gain insight into your health needs and risks for chronic diseases. Complete your health screening:</p> <ul style="list-style-type: none"> • Onsite at your workplace • At a lab using a LabCorp voucher • With your doctor using a physician form (submitted no later than 12/31/23) <p>Exams starting 1/1/2023 are eligible for points.</p>	100/100
Health & Well-Being Coaching		
Jump-Start Coaching Programs	A Wellness Coach can help you meet your health goals and thrive. Connect with a Wellness Coach via telephone, email, or secure web messaging. <i>Coaching is unlimited.</i>	
	Earn points for completing one Health Education Session .	25/25
	<p>Complete a 3-session Coaching Program.</p> <p>You can also work with a Wellness Coach on specific goals to get started on your path to better health. Each program consists of 3 easy calls, after which you will have a personalized action plan to continue your efforts.</p> <p>On The Move: This program will help you be more physically active and develop a workout routine that sticks.</p> <p>Make Control Your Goal: If you have elevated or high blood pressure and want to learn how to better manage your numbers, this program may be perfect for you.</p> <p>Scale Down: If you're thinking about losing weight but unsure of where to start, this program can help.</p> <p>Stress Less: This program will help you learn to better manage stress, find time to unwind, and live life in balance.</p>	50/100



Live each day
with **intention**
and **direction**



Activities	Action(s) to Earn Points	Points/Max.	✓
Stay on Top of Your Health			
Preventive Care	<p>Stay on top of your health by completing preventive care exams. Visits occurring between 1-1-2023 and 12-31-2023 will qualify for points. Log into Health Advocate to self-report your exams and upload proof, such as an Explanation of Benefits (EOB). Earn points for the exams below:</p> <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	
Adult Immunizations	<p>Protect yourself and others by staying up-to-date on your immunizations. Refer to the CDC guidelines and speak with your doctor to confirm if the immunization is right for you. Self-report that you are up-to-date on the Health Advocate website.</p> <ul style="list-style-type: none"> • Hepatitis C • Pneumonia • TDAP • Shingles • Tetanus 	10/30	
Flu Shot	<p>Protect yourself and others by getting a flu shot through your doctor or pharmacy. Log into Health Advocate to self-report your flu shot and upload proof. If done onsite, points load automatically.</p>	25/25	
COVID-19 Vaccine and/or Booster	<p>If you have completed all required doses of the COVID-19 initial series in 2023, you can earn points by entering the date of your final dose and uploading documentation. Earn an additional 25 points for receiving the booster in 2023.</p>	25/50	
Create Healthy Habits			
Healthy Behavior Tracking	<p>Track your progress and reach healthy goals! Connect your fitness device or manually track your activity. See chart on page 5 for trackers.</p>	50 max	
Financial			
Financial Wellness Education	<p>Financial well-being means feeling in control of your day-to-day finances, being able to handle a financial shock, and being prepared for retirement. Earn points for attending financial wellness education seminars or workshops. Qualifying seminars include those sponsored by the Pension Boards Ernst & Young partner or through your own financial advisor or vendor. Log into Health Advocate to self-report participation.</p>	25/25	



Well-being is a journey, not a race



Activities	Action(s) to Earn Points	Points/Max.	✓
Take Action for Better Health			
Personal Pathways	Explore online personal pathways to take action for improved well-being. There are a variety of pathways to choose from to help you build skills and learn new healthy habits.	50/100	
Well-Being Workshops	Participate in online, self-paced workshops on nutrition, fitness, stress, resilience, financial wellness, and more! <i>Complete all chapters to earn points.</i>	25/75	
Well-Being 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:		
	Healthy Stewards Challenges are planned for the entire year to encourage healthy competition between you and your coworkers. Stay tuned for challenge dates and details!	25/100	
	Personal Challenges are available to start on your own at any time. Participate on your own or invite your coworkers.	5/25	
Other Ways to Earn Points			
PTO for Self-Care	The Pension Boards encourages members to use their paid time off for much-needed rest and relaxation, or to spend time with family & friends. Take a day off to take steps toward your self-care. Report online that you took a self-care PTO Day in 2023 and earn 10 points each day, up to 2 for the year for 20 points.	10/20	
Healthy Recipes	Share a healthy recipe that you discovered or love cooking for yourself or your family! Log into Health Advocate to upload your favorite healthy recipe to earn points.	10/10	
Learning Center	View articles, videos and more about virtually every health and well-being topic across gender, geography and generation.	5/50	
Be Human	We spend a large majority of our time at work or taking care of others. Pledge to meet a new colleague, send someone a 'just because' note, or even video chat with an old friend. Report online how you connected with someone today.	10/10	



877.240.6863

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/members



HealthAdvocateSM




Small steps add
up to **big gains**



Track healthy habits and meet the recommended goals to earn points.
Earn a maximum total of 50 points across all trackers.

Health Tracker	Recommended Goal	Points
 Distance Exercised	Log the distance you exercise daily	1
 Whole Grains	Eat 3 or more servings of whole grains 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 2,500 mg or less daily	1
 Steps	Stay on your feet by taking 10,000 or more steps daily	1
 Stretching	Improve your flexibility by stretching for 10 or more minutes daily	1
 Water	Stay hydrated by drinking 64 ounces of water daily	1
 Manage Stress	Perform one or more activities to relieve stress daily	1
 Mood	Track your mood daily	1
 Reduce Social Media	Track your digital detox as you spend less time on social media daily	1
 Meditation / Resilience	Perform one or more meditation or resilience activities daily	1
 Strength Training	Increase your strength by performing this activity 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 volunteering your time at least once a month	10

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



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 reward program?

A: We are committed to helping you find your path to well-being and thrive. 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 well-being goals Health Advocate supports?

A: We can help you gain insight into your well-being and discover what is important to you through our four pillars: Be Connected, Be Balanced, Be Well and Be Successful.

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: Are my rewards taxable?

A: Due to IRS rules, rewards are considered taxable income and will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

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

A: Health Advocate can help you and your family:

- Identify emotional and mental health issues and find strategies to cope through support from an EAP Professional
- Develop a plan to help you feel more balanced and in control
- Build skills to address a variety of emotional and mental health needs
- Locate the right support resources such as childcare, eldercare and more
- Connect with specialists for help with work/life balance, legal and financial issues

Q: When is Health Advocate available?

A: 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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HealthAdvocateSM



Never stop
improving yourself

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.

Empowers you to live well by taking
charge of your physical health.

Fosters connection
with yourself, others
and the environment
around you.



Promotes skills to help
you thrive financially, at
work, and at home.

Supports you in caring for your
emotional and mental well-being.

In addition to the well-being activities and resources outlined in the previous pages, you have access to:



Recipes and Meal Plans

- Step up your morning meal game with **bold breakfasts and brunch**
- **Easy make-ahead lunches**—so tasty you'll enjoy eating them all week!
- Quick and easy-to-prepare **dinner recipes**
- Access **meal plans** for a variety of healthy goals such as heart health, weight loss and more



Your Go-To Resources

- **Health Advocate Blog:** Information to help you live well, find balance and more! Visit blog.healthadvocate.com and subscribe to get timely tips sent directly to your inbox.
- **The Learning Center:** Access videos, articles and more on virtually any health and well-being topic



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