



**Earn up to \$75/quarter,
up to \$300/year on
your Personal
Wellness Journey!**

Everyone's wellness journey is unique. That's why HealthTrust's Slice of Life program lets you choose the activities that are most beneficial – and appealing – to you, and rewards you for making healthy choices. As part of your Personal Wellness Journey, if you earn between \$40 and \$75 during a quarter, you will receive a check in that amount after the quarter ends. There are many ways you can earn your reward including using a fitness tracker or self-tracking, taking self-directed courses, participating in challenges and much more!

Here are a few examples of how you can earn rewards:

**Earning
\$40**

- Download the AlwaysOn® mobile app to earn \$10.
- Reach out to your Health Coach with a question about blood pressure, earn \$15.
- Self-track blood pressure 15 times throughout the quarter, earn \$15.
- Total check this quarter is \$40 which is the minimum dollar amount needed to receive a reward for the quarter as part of your Personal Wellness Journey.

**Earning
\$70**

- Connect a fitness device to your Onlife Health account to track steps, earn \$5.
- Use a Fitbit® to track steps during the quarter, earn \$39. (8,000 steps, 3 times per week = \$3 per week.)
- Reach the Device Stretch Goal (50,000 steps per week) every week in the quarter and earn \$26.
- Total check this quarter is \$70 which is more than the minimum (\$40) needed for the quarter as part of your Personal Wellness Journey.

**Earning
\$75**

- Contact a Health Coach about setting up a nutrition goal and earn \$15.
- Read a nutrition article and complete a quiz, earn \$5.
- Earn \$5 for connecting the MyFitnessPal mobile app to your Onlife Health account to track nutrition.
- Through the MyFitnessPal mobile app track your food intake twice a week during the quarter, earn \$26.
- Take a class on low-fat cooking and earn \$25 in Healthy Habits rewards.
- Congratulations, you have surpassed the \$75 maximum reward this quarter. You can expect your \$75 check in the mail after the quarter ends!

2018 Personal Wellness Journey Rewards Chart

Earn up to \$75 per quarter! See the chart below for ways to earn.

	Activity	Dollar Value**	Max Frequency
ENGAGE!	Download the AlwaysOn® Mobile App	\$10	1x/Year
	Earn Healthy Habits Rewards	\$25	1x/Quarter
	Contact your Health Coach	\$15	1x/Quarter
TRACK!	Connect your Fitness Device or Mobile App	\$5	1x/Year
	Track 8,000 Steps OR 45 Minutes of Activity Using a Fitness Device or Mobile App	\$1	3x/Week
	Device Stretch Goal (Hit 50,000 Steps or 300 Minutes in One Week)	\$2	1x/Week
	Track with your Nutrition App	\$1	2x/Week
	Self-Track your Progress	\$1	2x/Week
CONNECT!	Connect with a Colleague	\$5	1x/Quarter
	Join any Group or Personal Challenge	\$5	1x/Quarter
	Complete a Group Challenge	\$15	2x/Year
	Complete a Personal Challenge	\$15	1x/Quarter
LEARN!	Article and Quiz Completion	\$5	1x/Month
	Self-Directed Course Completion	\$15	1x/Quarter
	Self-Directed Progress Check-In Completion	\$5	1x/Quarter
	Seminar/Wellness Class	\$10	1x/Quarter
PREVENT!	Condition Care Program	\$25	2x/Year
	Annual Physical*†	\$15	1x/Year
	Preventive Dental Visit	\$15	2x/Year
	Preventive Screenings*†	\$15	1x/Year

*Retirees with Medicomp Three coverage are not eligible to receive rewards for an annual physical or preventive screenings.

†Preventive Screenings include: Prostate Cancer Screening (Men), Mammograms, Pap Test, Bone Density Testing (Women), Colonoscopy (Both).

**You must earn a minimum of \$40 in the quarter to receive an award check for that quarter. The maximum award available in any quarter is \$75. The amount of any cash and gift cards as well as the value of any other incentive awards received from HealthTrust are taxable to the recipient for federal income tax purposes.