



• 2020 •  
**Wellness Program Guide**



# WELLNESS PROGRAM

## Welcome

Welcome to the refreshed 2020 wellness program powered by Health Solutions! It's your free personalized program to reach and maintain a balanced lifestyle while earning rewards.

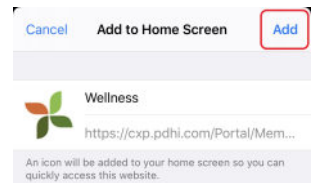
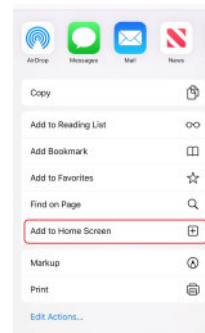
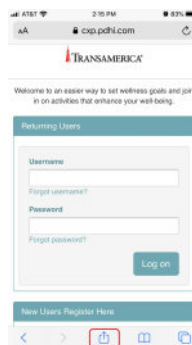
## Get Started

Take your first step by registering on the wellness platform.

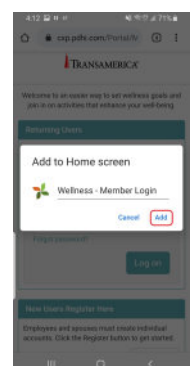
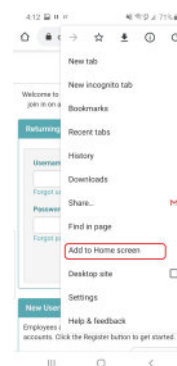
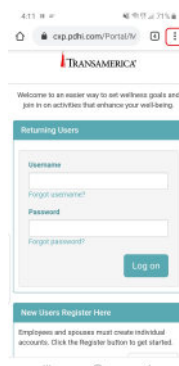
1. Go to [Transamerica.MyHealthyWithHSI.com](https://Transamerica.MyHealthyWithHSI.com).
2. Click the Register button in the "New Users Register Here" box.
3. Carefully review the terms and conditions.
4. Fill in your information and create a username and password.

On your phone or tablet, open an internet browser and type the URL above. Click the browser's Options button and select Add to Home Screen. Your phone will create a shortcut icon. See images below.

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Once you're registered, check out the home page. From here, select how to reach your health goals. You might take a health survey, contact a health coach, complete a wellness education plan or engage in a challenge. There are lots of options!

# WELLNESS PROGRAM

## Earn Rewards

Focusing on your health can be fun. Complete these activities to earn Reward Dollars towards your HSA.

	ACTIVITY	TIMING	EMPLOYEE (\$500 Max)	SPOUSE (\$300 Max)	EMPLOYEE + CHILD (\$800 Max)
LEARN	<b>Know Your Numbers</b> Complete all three steps: 1. Health Survey 2. Biometric Screening 3. Know Your Numbers Video	Jan. - May	\$250	\$150	\$250
	<b>Health Coaching (Invite Only)</b> Complete three sessions	Jan. - Nov.	\$100	\$50	\$150
UNDERSTAND	<b>Wellness Education</b> Complete a lifestyle change module	Jan. - Nov.	\$100 each (unlimited)	\$100 each (unlimited)	\$150 each (unlimited)
	<b>Walking Challenge</b> Complete the company-wide walking challenges	Quarterly	\$100 each (quarterly)	N/A	\$100 each (quarterly)
ENGAGE	<b>Weight Loss Challenge</b> Complete the weight loss challenge	June - July	\$50	\$50	\$50
	<b>Individual Challenge</b> Complete an individual challenge	Jan. - Nov.	\$50	\$50	\$50
	<b>Dental Exam</b> Complete a preventive dental exam	Jan. - Nov.	\$50	\$50	\$50
	<b>Virtual Wellness Fair</b> Attend the virtual wellness fair	July - Nov.	\$50	\$50	\$50

Activities must be completed before their deadlines in order to receive Reward Dollars. Complete Know Your Numbers and register for the Weight Loss Challenge before May 31, register for the Quarterly Walking Challenges within the two week registration window before each challenge, register for your Individual Challenge by November 1, and complete all other activities before November 30, 2020.

The receipt of this information does not entitle you to benefits under the Plan. In order to be entitled to benefits, you must meet all of the applicable eligibility requirements. To earn Reward Dollars, you must be enrolled in one of the Company's high-deductible medical plans and elect an HSA. You don't have to contribute to your HSA, but you need to have an account open to receive these rewards. Reward Dollars are received approximately 4-6 weeks after completing activities.





# LEARN

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## Health Survey

The health survey provides an overview of your current health. Your path through the questionnaire depends on your answers. Because your responses are saved automatically, you may stop and return later to finish.

Upon completion of the survey and biometric screening, you'll receive a personalized report. It displays your health numbers and makes recommendations. Watch a Know Your Numbers video to understand next steps.

## Biometric Screening

Free screenings are available at most Transamerica locations in February and March of 2020. Choose a convenient time and make an appointment on the wellness platform.

You can also download a voucher or the Primary Care Provider Form and complete the screening on your own. Scan and upload the completed form on the wellness platform.

No matter which method you choose, your test results will appear in your health survey.

## Know Your Numbers

Watch an on-demand Know Your Numbers video to understand your results and next best steps! Make sure to record your completion by May 31, 2020 to earn credit for all three Know Your Numbers steps!



# UNDERSTAND

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## Health Coaching (Invite Only)

Creating new habits isn't always easy. That's why we offer health coaching for those who have potential health risk.

Health coaches are here to guide and motivate you. Talk with your coach by going to the program platform page and scheduling an appointment. There you can also send secure messages and see your progress.

## Wellness Education

Maybe you're looking for ways to manage stress or you want more balance in your life. Check out one of our wellness education plans to learn more about a topic that interests you. Each eight-week plan offers advice and opportunities to earn rewards.

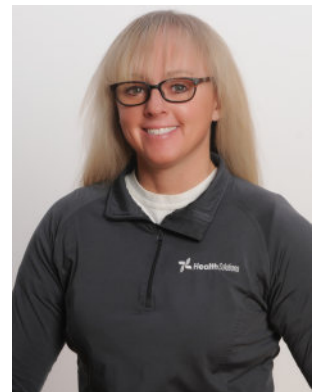
### Your Health Solutions Health Coaching Team



Adam Shanks



Kelly Gudenkauf



Dara Price



# ENGAGE

## Challenges

### Company-Wide Challenges:



**Quarterly Walking Challenges:** Walking challenges give you a reason to get up from your desk and break up your day. You can look forward to all sorts of themes and team combinations. Ensure you're recording at least one mile per day of the challenge to earn Reward Dollars.



**Weight Loss Challenge:** If you're looking to lose weight but just need some help getting started, join a weight loss challenge. Record your weight weekly and check in for tips.

**Individual Challenges:** Choose from one of the following individual challenges to reach your goals and earn Reward Dollars.



**Big Island Trek:** Trek around the Big Island of Hawaii.



**Eat Well:** Focus on whole foods and balanced nutrition.



**Hydrate for Life:** Drink water throughout your day to keep your body functioning at its best.



**Relax and Revive:** Spend more time unplugged.

## Record Completion



**Know Your Numbers:** Watch an on-demand video to understand your results and next steps.



**Preventive Dental Exam:** Keep your teeth healthy with a cleaning and exam. If you're not on the Transamerica plan, upload your EOB to receive credit. Plan members will receive credit automatically.



**Virtual Wellness Fair:** Get all kinds of tips and stats on fitness, stress management, nutrition, and disease prevention. Attend the virtual wellness fair and record completion to earn rewards.

*If you have questions about the wellness program or need assistance with logging into the wellness platform, please contact Health Solutions at [CustomerCare@hsi-rx.com](mailto:CustomerCare@hsi-rx.com) or 888-362-5920.*