

	OurHealth Wellness Challenge Program	ActiveHealth (Population Health)
Eligibility	All Active Employees, spouses and dependents (age 18+)	Medical plan subscribers and covered dependents (age 18+)
Description	Engage in wellness activities to earn entries for monthly prize drawings. There are fun new challenges and activities available every month.	To earn a premium discount on your health plan for 2020, complete any of the following activities by September 30, 2019. Earn your health plan incentives through the population health program. Through ActiveHealth you have access to health coaches, digital coaching, biometric screenings and health risk assessments.
2020 Premium Discount	N/A	<p>To earn a premium discount on your health plan for 2020, complete <u>any</u> of the following activities by September 30, 2019:</p> <ol style="list-style-type: none"> 1. Complete four coaching sessions (face-to-face or over the phone). Each session lasts around 30 minutes. For more information, log on to ActiveHealth, then select "Program Info" from the "Actions" menu at the top of the screen. Health Coaching is available 9 a.m. to 9 p.m. Monday through Friday and Saturdays 9 a.m. to 2 p.m. by appointment only. Call 1-855-202-4219 to get started with a coach today! 2. Reach Level 5 (which is 9,000 hearts) by participating in digital coaching, health education and health goals on the Active Health Platform. 3. Track 10,000 steps a day at least 75 days of the quarter, 2 out of 3 quarters, using a tracking device. Qualifying quarters are Jan. – March, April – June, and July – Sept. 4. Complete 45 minutes of physical activity 3 days a week, at least 11 weeks of the quarter, 2 out of 3 quarters, using a tracking device. Qualifying quarters are Jan. – March, April – June, and July – Sept. <p>Note: If you have a family plan, both the employee and spouse must complete 1 of the above activities to earn a premium discount. If only the employee or only the spouse on a family plan completes an activity, no premium discount will be awarded. Adult dependent children are not required to complete the above activities to earn a premium discount.</p>
Gift Cards	N/A	<p>Subscriber and covered spouse can <u>each</u> earn gift cards by completing the below items:</p> <ul style="list-style-type: none"> • Health Risk Assessment - \$50 gift card • Biometric Screening - \$100 gift card <p>Note: Adult dependent children are not eligible to receive a gift card for completing the above activities.</p>
Prize Drawing	<p>Active Employees, spouses and dependents (age 18+), will earn <u>ONE</u> drawing entry for each activity that is completed that indicates "Raffle Activity"</p> <ul style="list-style-type: none"> • Max of five entries each month per person. 	N/A