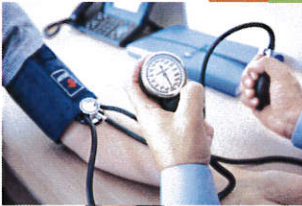
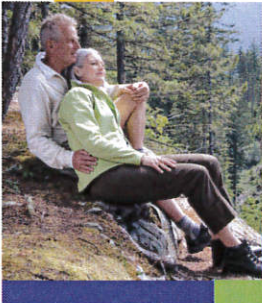


# Earn points. Get your reward!

## All about your incentive



### What is the incentive? There are four incentive levels:

**Bronze:** Earn 550 points, receive \$150

**Silver:** Earn 625 points, receive \$225

**Gold:** Earn 700 points, receive \$300

**Platinum:** Earn 900 points, receive \$375

### How to earn points

Earn points by completing the activities listed in this guide.

**Platinum Level also has specific requirements. You must meet the following:**

1. Signed contract for Platinum Level
2. Annual Physical
3. Biometric Screening
4. Stress Management Course-  
Classes will take place in  
October, December 2018 and  
February, April 2019.
5. 1 Healthy Option met
  - a. Meet 3 out of 4 healthy benchmarks
  - b. Improvement of healthy benchmarks at free spring screening event
  - c. Health Coaching with Carmen

Log on to your wellness website at any time to track your activity and see how many points you have earned so far.

### What's the deadline?

Program starts August 1, 2018 for the 2018-19 program year.

**You need to earn all of your points by July 31st, 2019 in order to receive a reward.**

### Who is eligible?

Your Health Advocate Wellness incentive is available to eligible employees and their spouses.

We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all insured employees and their spouses. Please contact Carmen Terry, Health and Wellness Coordinator at 570-323-8561 x1067 or at [cterry@iu17.org](mailto:cterry@iu17.org) if you have any questions regarding this program.

### Get started today!

The quicker you get on the path to better health, the sooner you'll start to enjoy the rewards of being healthy. Remember, we're here to support you in your journey toward better health and well-being. **Log on today for personalized help!**

Turn to us—we can help.



**866.695.8622**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)