



PRESBY'S INSPIRED LIFE

WELLNESS PROGRAM

Register and take part in our new wellness program from E4 Health

New in 2017: spouse participation

Don't miss your chance for rewards

Earn cash incentives and health premium discounts! (details inside)

24/7 EAP and wellness support: 877-281-1440



2017 PROGRAM RUNS JANUARY 1
THROUGH NOVEMBER 30



YOUR HEALTH MATTERS



Your well-being is important to you, but it's equally important to your family and to Presby. Our goal is to support all team members in their quest to achieve physical and mental well-being both in and out of work. One of the ways we work to achieve this goal is by providing valuable support through tools, incentives, education, inspiration, programs designed to address health challenges and a plan of action for maximizing your well-being.

Good health allows you to pursue dreams, better serve your family and ultimately share in our mission of serving others.

We would like to invite you to enroll or re-enroll in our Wellness Program. This program offers all benefit-eligible team members an exceptional lineup of wellness offerings, including a free health screening. Enrollment is simple and you can earn great rewards for participation now and throughout the year. This brochure will provide the details you need to get started.

Wishing you the best in good health and happiness,

Judee M. Bavaria

President & CEO
Presby's Inspired Life



PRESBY'S
INSPIRED LIFE
WELLNESS
PROGRAM



PROGRAM OVERVIEW

The cornerstone of the wellness program is the new online holistic wellness portal through E4 Health. Program components include:

- Online sign-up and registration
- Health questionnaire
- Onsite health screening*
 - Lab work – Total cholesterol, HDL cholesterol, Cholesterol HDL ratio, glucose, LDL cholesterol, triglycerides
 - Height and weight (BMI) percent body fat
 - Blood pressure and pulse
- Individual health report and outcomes results comparing health screenings year over year
- Free health coaching
- Wellness activities including educational programs and special events

HOW DO I GET STARTED?

STEP 1: REGISTER TO CREATE YOUR ACCOUNT

- Log on to <https://presby.wellright.com>.
- See “Register Here” on page.
- Fill in your first and last name (please use full legal name and no nicknames)
- Fill in your date of birth (mm/dd/yyyy)
- Click on “Next”
- Enter a unique user ID in the following format (format to be added)
- Enter a unique user ID in the following format (TBA)
- Enter an email address (not mandatory, but suggested)
- Enter your mobile phone number and carrier if you wish to receive text messages with wellness program information
- Create a unique password
- Click submit

STEP 2: COMPLETE THE HEALTH QUESTIONNAIRE

- Please allow approximately 10 minutes to complete.
- When complete, make sure to review your results and Age Gage.**

STEP 3: EXPLORE THE WEBSITE

- Click on the University button on the top bar to view videos, read articles, and find material that interests you.
- View the challenges on the home page to familiarize yourself with how to earn points.

For assistance with the wellness portal, please email wellness.support@e4healthcare.com

* For best results, participants must be fasting for at least 8 hours leading up to screening. Drink plenty of water before attending a screening.

** Upon completing the health questionnaire, your results will show an Age Gage that compares your actual age with your health age based on your input. Once your screening results are entered into the portal, this gage will be more accurate.

PARTICIPATION IN WELLNESS = REWARDS

IMMEDIATE CASH REWARDS

In 2017, you will need to register in the Wellness Program and complete the health questionnaire and health screening. By attending an onsite health screening on the dates scheduled in April or May, you will receive \$40 cash the day of the health screen. You are also eligible to earn an additional \$40 cash by completing your health questionnaire by midnight the day before your health screen.

If your spouse is enrolled in the medical plan, please refer to the information on the spousal requirement on the back panel.

ONGOING REWARDS

The ultimate goal is to complete the four required activities outlined below by November 30, 2017. Team members who earn the required 10,000 points will receive a discount of \$20 per pay off of their medical coverage...\$520 per year! See details on back panel. In addition to receiving a financial discount, our hope is that these tools will help you to achieve healthy and happy lives both in and out of work.

Program Requirement	Required Points and Deadline
- Health questionnaire	3000 points by November 30
- Health screening	3000 points by November 30
- Healthy Lifestyle Points*** (see grid below)	3000 points by November 30
- General wellness activities (include completing annual wellness physical, participation in company wellness events, and more)	1000 points by November 30

*****2017 HEALTHY LIFESTYLE POINTS**
(3,000 points are required from this category)

Opportunities	Quantity	Points	Max Points Possible
Screening results Meet 3 out of 5 metrics or improve weight by 5%	1	3000	3000
Wellness coaching Complete a minimum of three coaching calls with an E4 Wellness Coach (recommended that calls be one month apart)	1	1000 per session	3000 all 3 sessions
Discuss screening results with physician	1	2000	2000
Nutritional counseling	4	500	2000

SCREENING RESULTS

After completing your health screening, you will be able to see your results on the wellness portal that can be shared with your primary care physician. Depending on your results, you may also receive a phone call from an E4 Health coach to discuss your next steps.

Health Screening HLP Parameters

If you have done screenings in the past, your results from the SimplyWell portal can be found when logging into your account. Rather than receiving a health score, your results will be measured based on 5 health parameters (see below). If you meet three of the five health screening parameters as identified below, you will automatically receive 3000 Healthy Lifestyle Points. These parameters were designed to be comparable to a health score of 80. If you do not meet three of the parameters below but have a 5% improvement in your weight from last year, you will also receive 3000 Healthy Lifestyle Points. For example, if you weighed 200 pounds during your health screening in 2016 and now weigh 190 pounds or less, you will automatically receive 3000 Healthy Lifestyle Points.

Health Metric Goals for Women

- HDL cholesterol > 50
- Triglycerides <= 150
- BMI <30 OR % Body Fat <32%
- Blood pressure <= 130/85
- Fasting glucose <= 100

Health Metric Goals for Men

- HDL cholesterol > 40
- Triglycerides <= 150
- BMI <30 OR %Body Fat<26%
- Blood pressure <= 130/85
- Fasting glucose <= 100



2017 OFFSITE HEALTH SCREENING OPTIONS

If you were unable to attend an onsite health screening, you have two other options that include visiting your own physician or using a lab.

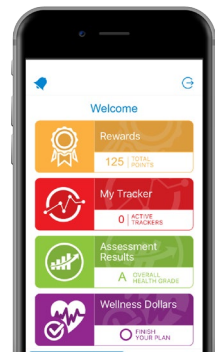
Follow the instructions below for information on using off-site screening options:

- Log on to the wellness portal at <https://presby.wellright.com>.
- Click on the **Rewards** button on the top of the screen
- Click on **Links**
- Click on **EHealthScreenings Scheduler**
- On the next screen click on **Click to Select** under the **Schedule a Screening** picture and choose your option.
- Follow all the directions indicated.

MOBILE ACCESS TO YOUR WELLNESS PROGRAM

Access your Wellness Program from an iPhone, Android or any type of tablet. Just type in look for the app name **Wellsteps** or click on the link for the app on the Presby landing page at <https://presby/wellright.com>.

For assistance with the wellness portal, please email wellness.support@e4healthcare.com



IMPORTANT INFORMATION FOR THOSE WHO HAVE SPOUSES ON THE MEDICAL PLAN—NEW REQUIREMENT FOR THE 2018 DISCOUNT:

MAKING HEALTHY LIFESTYLE CHANGES TOGETHER

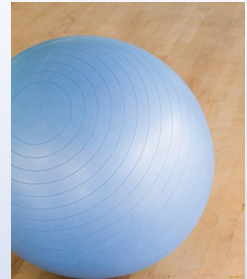
E4 Health and Presby's Inspired Life have designed the Wellness Program to help you develop healthy habits with lasting results. That most likely means making changes to your lifestyle that you can stick with. To help you succeed, the program encourages not only participants, but also their spouses, to take advantage of the various opportunities, benefits, and rewards. It's a great way to make wellness part of your lifestyle together!

PARTICIPATION REQUIREMENTS AND REWARDS

Spouses enrolled on the medical plan are required to complete the health screening and health questionnaire. In addition to the spouse requirements, the Presby team member must complete his/her requirements in order to be eligible for the 2018 premium discount. If you are a team member with a spouse on the medical plan, both of you will need to complete the health screening and health questionnaire. Team members only also need to reach 10,000 points, 3000 of which need to be Healthy Lifestyle Points.

2017 WELLNESS REQUIREMENTS FOR THE 2018 PREMIUM DISCOUNT

Program Requirement	Required Points and Deadline
- Health questionnaire	3000 points by November 30
- Health screening	3000 points by November 30
- Healthy Lifestyle Points*** (see grid inside)	3000 points by November 30
- General wellness activities (include completing annual wellness physical, participation in company wellness events, and more)	1000 points by November 30
- Spouse health questionnaire (if spouse enrolled on medical plan)	New this year
- Spouse health screening (if spouse enrolled on medical plan)	New this year



Your Wellness Program provider, E4 Health, is committed to upholding the confidentiality of client information and to providing all of its various programs and services in accordance with the relevant requirements of all state and federal laws and regulations, including, as applicable, HIPAA.

24/7 EAP and Wellness Support: 877-281-1440

E4 Health Wellness Portal: <https://presby.wellright.com>

Assistance with the Wellness Portal: wellness.support@e4healthcare.com