

JULY, 2018



# EARN REWARDS FOR TAKING HEALTHY ACTIONS

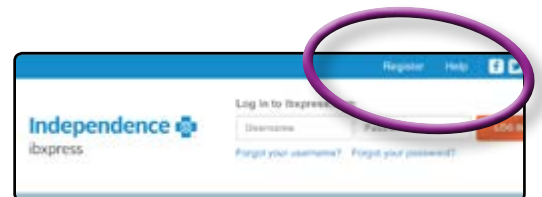
Every day you contribute to the continued success of the mission of the church. Your well-being is important. If you are enrolled in an archdiocesan medical plan, the new **Wellness Rewards Program** offers resources to help you maintain and improve your health and well-being. This new program, **effective July 1**, rewards your efforts to be healthy with credits that can be redeemed for gift cards! Your covered spouse can earn credits too.

## REGISTER AT [WWW.IBXPRESS.COM](http://WWW.IBXPRESS.COM) TODAY!

Once registered, you can learn more about the Wellness Rewards Program and participate by clicking on the Health & Well-being tab on your home screen OR the 'get started' button in the **Achieve Well-Being** area. You may choose from a variety of wellness-related activities –and earn credits for your reward.

There are two required activities—you will need to complete the Well-Being Profile on the site (takes about 15 minutes) and visit your Primary Care Physician (PCP) for an annual well visit. You will earn 75 credits for these actions. To earn additional credits, you can choose from a wide variety of activities (such as taking daily walks, quitting smoking or volunteering).

You enter your activities on-line and, once you reach 200 credits, you may redeem them by selecting from a variety of gift cards. The total value of the gift card(s) will be \$200. You may redeem your reward once each plan year (July 1-June 30). IRS rules require that the gift card be reported as income. The site also offers many other helpful resources and ideas for you to increase your health and overall well-being.



**SO DON'T DELAY! HEALTHY HABITS ARE WITHIN REACH USING OUR NEW WELLNESS REWARDS PROGRAM. WE HOPE YOU JOIN US ON OUR JOURNEY!**