



2023 My Health and Well-being Program

Get Rewarded for Engaging in Your Health and Wellness

We have enhanced our wellness program to provide you with a more streamlined wellness experience and give you more opportunities to get rewarded for participating in health and well-being activities.

How It Works:

In 2023, you will be able to earn points for engaging in health and wellness activities. Each point you earn is worth \$1 with the chance to earn up to 550 points or \$550 throughout the year!* Best of all, you can redeem points every month rather than waiting until the end of the year.

We know the relationship you have with your Primary Care Provider (PCP) is important and they are an essential partner to help you navigate your health. In the expanded program, Healthy Lives will no longer conduct your annual wellness screening. Instead, you will visit your PCP for your annual wellness exam and screening and complete your Health Risk Assessment (HRA) to redeem any of your earned points.* You will still have access to the Healthy Lives Program to earn points for one-on-one coaching sessions and participating in wellness challenges.

Here's how to start earning and redeeming points:

1. Complete your HRA questionnaire on the Healthy Lives app*
2. Visit your PCP for a wellness exam and lab work*
3. Engage in activities that help you achieve your goals and earn more points

*Required to be eligible to redeem earned points. For 2023, if you participated in the Healthy Lives wellness program in 2022 and had a PCP visit between Dec. 16, 2022 and Dec. 31, 2022, you will receive credit as having satisfied one of the two required steps to earn and redeem points.

2023 Wellness Categories Eligible for Points

Physical Well-being	150 Maximum Points
Social, Emotional & Spiritual Well-being	100 Maximum Points
Financial Well-being	100 Maximum Points
Professional Well-being	100 Maximum Points
Community	100 Maximum Points

Total = 550 Maximum Points*

After visiting your PCP, you can earn 30 points by participating in a Healthy Lives coaching session to review results and set health goals.

*Maximum annual health and wellness rewards are prorated based on employment status: Full time 100%, part-time 50% and PRN 25%. To receive the rewards, the team member must be actively employed on the date the points are approved for redemption each month. Redemption of rewards are subject to state and federal taxes.

Franciscan Missionaries of Our Lady Health System is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all team members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1 (855) I AM HEALTHY (426-4325), and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

