

2013 Incentive Grid for the *Healthways Wellness Program*

Incentive 1*	Event Title	Event Detail	Rules
Earn \$300	Employee WBA and Biometric Screening	Complete your Well-Being Assessment (WBA)	Complete between 1/1/2013 – 7/31/2013 It is highly recommended that you complete this step prior to 6/1/2013 in order to ensure completion of incentive two by 7/31/2013
		Participate in the Biometric Screening	Attend an onsite biometric screening or order a remote form or home access kit by 7/1/2013 and postmark returned form/kit by 7/31/2013.

Choose ONE of the following ways to earn an additional \$300 towards your medical plan.

Incentive 2*	Event Title	Event Detail	Rules
Earn \$300	Spouse WBA and Biometric Screening	Have your spouse/domestic partner complete the WBA	Complete between 1/1/2013 – 7/31/2013
		Have your spouse/domestic partner participate in the Biometric Screening	Order remote form or home access kit by 7/1/2013 and postmark returned form/kit by 7/31/2013.
Earn \$300	Telephonic Coaching	Enroll in telephonic coaching and complete two sessions	Must complete WBA by 6/1/2013 to participate. Complete two coaching sessions by 7/31/2013.
Earn \$300	Online Wellness Activities	Every 30 days, you have the opportunity to take a survey in each of your focus areas. Complete four online focus area surveys.	Must complete WBA by 6/1/2013 to participate. Complete a total of four surveys by 7/31/2013.

*Medically enrolled employees are eligible for a maximum premium discount of \$600 towards your 2014 benefits.