



ASPIRE

Eat well. Be well. Live well.



LiveWell Incentive

When an associate completes the biometric screening and a health assessment or completes a physician form, an associate will receive a weekly credit toward the associate contribution equal to one-half of the Associate share of monthly premium for single coverage under the Medical Program.

Wellness Activity Incentive Information

- One point = \$1 earned.
- Earn up to 400 points per quarter.
- Points do not rollover to subsequent quarters.
- Point Earning Periods:
 - Q1 (Jan. 1 to March 31)
 - Q2 (April 1 to June 30)
 - Q3 (July 1 to Sept. 30)
 - Q4 (Oct. 1 to Dec. 31)

Activity	Point Value	Category
Biometric Screening and Health Assessment or Physician Form	Incentive is equal to ½ of the Associate share of monthly premium for single coverage under the Medical Program	LiveWell
Complete Annual Physical	100 points (max 100 annually)	Prevention
Complete Mammogram, Colonoscopy, or PSA	75 points (max 150 annually)	Prevention
Complete Dental Exam	25 points (max 50 annually)	Prevention
Complete Eye Exam	25 points (max 25 annually)	Prevention
Complete Skin Cancer Screening	25 points (max 25 annually)	Prevention
Complete Online Courses	15 points (max 150 annually)	Education
Financial Webinar (Principal)	15 points (max 180 annually)	Education
Meet with Financial Coach (Principal)	75 points (max 75 annually)	Education
Attend On-Site Education Class	25 points (max 150 annually)	Participation
Join a Gym or Fitness Facility	25 points (max 25 annually)	Participation
Visit the Gym at Least 10 Times Per Month	50 points (max 150 annually)	Participation
Contributing 6% or more towards your 401(k) plan	100 points (max 100 annually)	Participation
Complete Well-Being Activity	25 points per event (max 100 annually)	Participation
Complete Challenge Programs	50 points per challenge (max 150 annually)	Participation
Caught Ya Aspiring!	5 points (max 50 annually)	Participation