

PROGRAM ACTIVITIES



COMPLETE ANY COMBINATION OF ACTIVITIES BELOW TO EARN YOUR REWARDS.				
ACTIVITY	POINTS	COST	MILESTONE	DATE(S) COMPLETED
Goal-Setting Meeting	50	\$0	a 20-minute call with health coach	⊙ DUE BY: DEC 31, 2013
Non-Tobacco Affidavit OR Complete "Quit for Life" Program	25	\$0	complete affidavit or program for credit	⊙ (receipt required)
Biometric Screening (blood pressure, BMI, cholesterol, etc.)	25	\$0	get a screening done at work or a lab in the FALL 2013	⊙ DUE BY: OCT 31, 2013

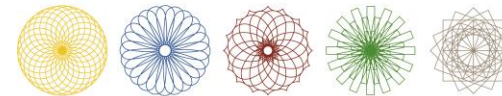
COMPLETE *BOTH* OF THESE ITEMS & ALSO EARN A \$50 GIFT CARD FROM AETNA!				
Aetna Health Assessment	25	\$0	confidential survey on Aetna website	⊙
Aetna Online Wellness Program	25	\$0	complete your choice of program topics	⊙

Attentive Health Coaching	10 each (up to 30)	\$0	20-minute meetings scheduled by phone	⊙ ⊙ ⊙
Attentive Health Fitness Log	1 pt each (up to 30)	\$0	1 Passport point per Fitness Log point	⊙ (receipt required)
Gym Visits & Fitness Classes	1 pt each (up to 50)	varies	1 point per gym visit or fitness class	⊙ (receipt required)
Michaels Wellness Challenge	25	\$0	participate for all 6 weeks - FALL 2013	⊙
Other Approved Program (Weight Watchers, ABC Diabetes, etc.)	25	varies	pre-approval required	⊙ (receipt required)

PREVENTIVE CARE
* GET CREDIT FOR ALL SCREENINGS SINCE 4/15/2013 *

ACTIVITY	POINTS	COST	DATE(S) COMPLETED
Annual Physical / Well-Visit (since 1/1/2013)	25	\$0 (or copay if treated for illness)	⊙ (receipt required)
Dental Hygiene Exam*	10 each (up to 20)	(varies by dentist & insurance)	⊙ (receipt required) ⊙ (receipt required)
Eye Exam*	15	(varies by doctor & insurance)	⊙ (receipt required)
Flu Shot*	15	\$0	⊙ (receipt required)
Pap Smear (females)*	15	\$0	⊙ (receipt required)
Mammogram (females, age 40+)*	15	\$0	⊙ (receipt required)
Prostate Screening (males, age 50+)*	15	\$0	⊙ (receipt required)
Colorectal Cancer Screening (age 50+)*	15	\$0	⊙ (receipt required)
Other Preventive Care Screening*	15	\$0	⊙ (receipt required)

2013-2014
**PASSPORT
TO HEALTH™**
healthy rewards program



ATTENTIVE
HEALTH

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WWW.ATTENTIVEHEALTH.COM/MICHAELS

Your Name

YOUR PASSPORT TO HEALTH™

The Michaels Organization is offering a reward program where you can earn points for the completion of a wellness activity or program. This program will reward you for your smart decisions, and the steps you take to a new, healthier lifestyle.

Health plan members can save (or continue saving) on their cost for health insurance with the **FINISH LINE** award, up to \$1,800 per year! (\$50 per paycheck for Employee Only coverage, or \$75 per paycheck for dependent coverage)

The **EXTRA MILE** award earns you additional rewards, even if you are not on the health plan. See the chart below for the point requirements for each award level.

LEVEL	REQUIREMENT / REWARD	
FINISH LINE	100 points	save \$50-\$75 per paycheck on your health insurance!
EXTRA MILE	+50 points (150 total)	insurance savings + 4 hours of personal time posted on 6/1/2014*
BONUS	You and your spouse can each earn a \$50 gift card from Aetna for completing the "Simple Steps" Health Assessment AND an Aetna online wellness program!	

* full-time employees only

- The PASSPORT TO HEALTH™ program runs from **June 1, 2013 – April 15, 2014**
- See the ACTIVITIES chart to view how many points you can earn for each activity
- If you have any questions about the PASSPORT program, please call Attentive Health: **1.877.269.9754**

PASSPORT INSTRUCTIONS

1. **Keep track** of your health activities (all activities must be documented)
2. **Turn in receipts** for outside activities such as doctor visits and community programs:
 - FAX: 215-734-2333
 - MAIL: P.O. Box 61, Telford PA 18969
 - EMAIL: admin@attentivehealth.com
3. All activities must be completed and receipts turned in by **April 15, 2014** to qualify for your insurance savings for the 2014-2015 insurance plan year ("FINISH LINE") & other rewards ("EXTRA MILE")

ACTIVITY DESCRIPTIONS

GOAL-SETTING MEETING – Take 15-20 minutes to meet with an Attentive Health coach to talk about your personal health goals and your requirements under the Passport program. Visit www.attentivehealth.com/michaels or call us at **1.877.269.9754** to schedule **no later than 12/31**

NON-TOBACCO AFFIDAVIT or "QUIT FOR LIFE" – Certify that you are not a tobacco user online at www.attentivehealth.com/michaels. If you are a tobacco user, you can get help with quitting! Call **1.866.QUIT.4.LIFE** or visit www.quitnow.net.

BIOMETRIC SCREENING – Get a screening of your BMI, cholesterol & blood sugar, either at work or at a lab. Stay tuned for details!

AETNA HEALTH ASSESSMENT – Log on to www.AetnaNavigator.com and complete the "Simple Steps to a Healthier Life" Health Assessment. It should take about 20 minutes.

AETNA ONLINE WELLNESS PROGRAMS – After you complete your Aetna "Simple Steps" Health Assessment, you can complete one of Aetna's online wellness programs. These programs earn you 25 points AND help qualify you to receive a \$50 gift card from Aetna! To learn more, log on to AetnaNavigator.com.

ATTENTIVE HEALTH COACHING – Get personalized & confidential support in achieving your health goals. We'll talk with you by phone to offer tips & advice about any health concerns or personal goals you have. Schedule your 20-minute sessions at www.attentivehealth.com/michaels or call Attentive Health at **1.877.269.9754**

GYM VISITS or FITNESS LOG – Document your physical activity from 6/1/2013 – 4/15/2014 by turning in a report from your gym or fitness center & earn 1 point for every visit, up to 50 points. Or, you can document your home/non-gym activities on a Fitness Log from Attentive Health and earn 1 point on your Passport for each point on the Fitness Log, up to 30 points. Fitness logs are available online at www.attentivehealth.com/michaels or by calling us at **1.877.269.9754**

MICHAELS WELLNESS CHALLENGE – Have fun competing with your coworkers and build new healthy habits in the process! (Details will be announced in the fall – stay tuned!)

OTHER PROGRAM OPTIONS – Want to get credit for participating in something not listed here? Weight Watchers, Diabetes Classes, hospital programs, and others can count for points. Just get approval from Attentive Health in advance! Call us at **1.877.269.9754**.

GET DISCOUNTS ON GYM MEMBERSHIPS, FITNESS EQUIPMENT & OTHER HEALTH SERVICES!

For more details, visit www.AetnaNavigator.com

"Good health is a vehicle, not a destination. Where do you want to go?"

