

ACTIVITIES

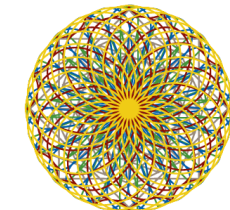
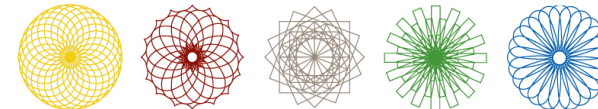
COMPLETE ANY COMBINATION OF ACTIVITIES BELOW TO EARN YOUR REWARDS.

ACTIVITY	POINTS	COST	MILESTONE	DATE(S) COMPLETED
Goal-Setting Meeting with Health Coach	REQUIRED	\$0	20-minute meeting scheduled at work	DUE BY DEC 31, 2014
"Low Risk" on Personal Health Survey	50	\$0	based on your personal survey results	⊙
Personal Health Coaching	50	\$0	three 20-min appts at Penn Foundation or by phone	⊙ ⊙ ⊙
Tobacco Cessation Program	50	\$0	completion of any 4+ week program	⊙ (receipt required)
EAP, Pastoral or other Personal Counseling	50	\$0	three sessions with a counselor or clergy	⊙ (receipt required) ⊙ (receipt required) ⊙ (receipt required)
Spiritual Wellbeing Log from Attentive Health	25	\$0	earn 1 Passport point per 2 Wellbeing points	⊙ (report required)
Personal Fitness Program	50	varies	50 gym visits OR classes OR Fitness Log points	⊙ (report required)
Penn Foundation 6-Wk Wellness Challenge	25	\$0	in JAN-MAR 2015, meet minimum goal (TBD)	⊙
Community Fitness Events (community 5K, triathlon, etc.)	10 each	\$0	up to 2 per year	⊙ (receipt required) ⊙ (receipt required)
Wellness Break Webinars	10 each	\$0	up to 3 offered per year (live & playback)	⊙ ⊙ ⊙
Other Approved Healthy Living Program (Weight Watchers, ABC Diabetes, etc.)	50	varies	pre-approval required	⊙ (receipt required)
Routine Physical / Well-Visit*	25	\$0 once every 12 months		⊙ (receipt required)
Dental Hygiene Exam*	15 each	varies by dentist & insurance		⊙ (receipt required) ⊙ (receipt required)
Eye Exam*	10	varies by doctor & insurance		⊙ (receipt required)
Flu Shot*	10	\$0		⊙ (receipt required)
Annual Gynecological Exam (females)*	10	\$0		⊙ (receipt required)
Annual Mammogram (females, age 40+)*	10	\$0		⊙ (receipt required)
Annual Prostate Screening (males, age 50+)*	10	\$0		⊙ (receipt required)
Colorectal Cancer Screening (age 50+)*	10	\$0		⊙ (receipt required)
Other Preventive Care Screening* (vaccines, bone density scan, etc.)	10	\$0		⊙ (receipt required)

* completed since 1/1/2014



PASSPORT TO HEALTH™



ATTENTIVE
HEALTH

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Employee Name

YOUR PASSPORT TO HEALTH™

Penn Foundation 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.

Employees who are enrolled on the Penn Foundation health plan can earn a \$10 per pay savings on their health insurance cost with the **FINISH LINE** award (up to \$240 per year!).

The **EXTRA MILE** award includes the insurance savings plus a BONUS award. See the chart below for the annual minimum point requirements for each award level.

LEVEL	REQUIREMENT / REWARD	
START	personal health survey for insurance savings Jul 2014 – Jun 2015	
FINISH LINE	100 points	insurance savings Jul 2015 – Jun 2016
EXTRA MILE	150 points	insurance savings + 2 movie tickets
NON-INSURANCE	100 points	2 movie tickets

- The 2014 PASSPORT TO HEALTH™ program runs from July 2014 – June 30, 2015.
- See the ACTIVITIES chart to view how many points you can earn for each activity.
- If you have any questions about the program, please call Attentive Health: **1.877.269.9754**.

INSTRUCTIONS

1. **By December 31, 2014:** Meet with an Attentive Health coach to discuss the results from your Personal Health Survey, get your basic biometrics & plan any next steps.
2. **By May 1, 2015:** Earn 100+ points on your Passport by completing various activities. (all activities must be documented)
3. **Turn in receipts** by May 1, 2015 for activities such as doctor visits and community events. Use the confidential lock box at your site or:

FAX: 215-734-2333
 MAIL: P.O. Box 61, Telford PA 18969
 EMAIL: admin@attentivehealth.com

ACTIVITY DESCRIPTIONS

PERSONAL HEALTH SURVEY & GOAL-SETTING – Take 15-20 minutes to learn about your overall health by completing an ANONYMOUS survey. Then, follow-up with an Attentive Health coach to discuss your results & next steps. This meeting will take about 20 minutes, and will include a basic screening of your weight, blood pressure, and overall body composition. Obtain your survey and schedule your meeting online at www.attentivehealth.com/pennfoundation or by calling us at **877.269.9754**.

PERSONAL HEALTH COACHING – Meet in person or by phone to follow-up on your goals and receive guidance from an expert. Call us at **877.269.9754** to schedule an appointment, or book your appointment online directly at www.attentivehealth.com/pennfoundation

TOBACCO CESSATION PROGRAM – Get credit for any tobacco cessation program you do with your doctor or local hospital, EAP, or other 4+ week program.

EAP, PASTORAL or PERSONAL COUNSELING You can earn 50 points for documenting 3 counseling sessions: no need to provide any details, of course! Just proof of the visit.

SPIRITUAL WELLBEING LOG – Use our Spiritual Wellbeing Log to track various supportive activities you do to nourish your soul and in service to others. Earn 1 point on your Passport for every 2 points on the Log at www.attentivehealth.com/pennfoundation or call us at **877.269.9754** for a paper copy.

PERSONAL FITNESS PROGRAM – Document your physical activity **from July 1 – April 30** by turning in a report of scans in at your gym & earn 1 point for every visit, up to 50 points. Or, you can document your 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 50 points. Fitness logs available at www.attentivehealth.com/pennfoundation or by calling us at **877.269.9754**.

PENN FOUNDATION WELLNESS CHALLENGE – Meet a minimum goal over the course of 6 weeks. Details will be announced Jan 2015.

WELLNESS BREAK WEBINARS – Take a 30-min wellness break & learn a few health tips wherever it suits you! Topics & schedule at: www.attentivehealth.com/pennfoundation

OTHER PROGRAM OPTIONS – Want to get credit for participating in something not listed here? Weight Watchers, ABC Diabetes Management, and other healthy programs can count for points. Just get approval from Attentive Health in advance.

GET REIMBURSED FOR GYM MEMBERSHIPS, WEIGHT WATCHERS OR TOBACCO CESSATION PROGRAMS!
 For more details, call **1.800.ASK.BLUE** or visit www.myibx.com

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

