

PASSPORT ACTIVITIES

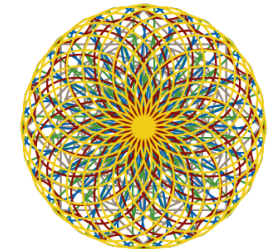
HEALTH AWARENESS		TO EARN YOUR HEALTH INSURANCE SAVINGS FOR 2014	
ACTIVITY		MILESTONE	DATE COMPLETED
Personal Health Survey		Complete by DEC 31, 2013	⊙
HEALTHY LIVING		TO EARN YOUR HEALTH INSURANCE SAVINGS FOR 2015	
ACTIVITY	POINTS	MILESTONE	DATE COMPLETED
Goal-Setting Meeting with Health Coach	50	Complete by JUNE 1, 2014	
Low Risk status on Personal Health Survey*	30	Once every 12 months	⊙
Personal Health Coaching	30	3 coaching sessions w/Attentive Health coach (in person or by phone)	⊙ ⊙ ⊙
Coventry Digital Health Coaching	30	Complete an online program	⊙
Personal Physical Fitness Program	30	50 Gym Visits OR 50 Fitness Log Points	⊙ (receipt required)
Sight & Sound Wellness Challenge	30	Details will be announced	⊙
Other Approved Healthy Living Program (Weight Watchers, ABC Diabetes Program, etc.)	30	Must be documented & approved by Attentive Health	⊙ (receipt required)
Community Run/Walk/Bike Event	10 each	Up to 20 points possible	⊙ (receipt required) ⊙ (receipt required)
Health Seminars / Webinars	5 each	Up to 50 points possible	⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙ ⊙
PROGRAM REWARD REQUIREMENT	80	BY NOVEMBER 1, 2014	

PREVENTIVE ACTIVITIES		TO EARN YOUR HEALTH INSURANCE SAVINGS FOR 2015	
ACTIVITY	POINTS	MILESTONE	DATE COMPLETED
Annual Well-Visit Exam	15	Once every 12 months	⊙ (receipt required)
Dental Hygiene Exam	5 each	Once every 6 months	⊙ (receipt required) ⊙ (receipt required)
Flu Shot	5	Once every 12 months	⊙ (receipt required)
Annual Mammogram (female, age 40+)	5	Once every 12 months	⊙ (receipt required)
Annual Prostate Screening (male, age 50+)	5	Once every 12 months	⊙ (receipt required)
Colorectal Cancer Screening (age 50+)	5	Once every 12 months	⊙ (receipt required)
Other Prescribed Preventive Screening (eye exam, hearing test, bone density, etc.)	5 each	Once every 12 months	⊙ (receipt required) ⊙ (receipt required)
PROGRAM REWARD REQUIREMENT	20	BY NOVEMBER 1, 2014	

*In rare instances where a specific medical condition prevents an employee from either achieving Low Risk status or participating in any of the Healthy Living program options listed above, a waiver may be applied for from Attentive Health. Documentation must be provided to support the activity limitation. Please contact Attentive Health for additional details.



PASSPORT TO HEALTH™ for employees



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ATTENTIVE
HEALTH

EMPLOYEE NAME

YOUR PASSPORT TO HEALTH™

Sight & Sound is offering a reward-based points 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.

By completing your requirements this year, you get started on the journey AND **save \$10 per paycheck** on what you pay for health insurance in 2014. Earning 100 points in 2014 earns you the health insurance savings in 2015 with the **FINISH LINE** award.

The **EXTRA MILE** award is for those who go above & beyond and includes the insurance savings PLUS an extra reward: your choice of a special Sight & Sound fleece jacket OR a \$25 American Express Gift Card! Please see the chart below for the annual minimum point requirements for each award level.

"FINISH LINE"	POINTS	AWARD
Health Awareness	--	health insurance savings in 2014
Healthy Living Activities	80	health insurance savings in 2015
Preventive Activities	20	
"EXTRA MILE"	POINTS	AWARD
Healthy Living + Preventive Activities	150	health insurance savings in 2015 + S&S fleece jacket OR \$25 AMEX gift card

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

PASSPORT INSTRUCTIONS

- Complete the **Personal Health Survey** from Attentive Health (CONFIDENTIAL)
- Keep track** of your health activities (all activities must be documented)
- 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
- Be sure to complete all activities & submit all receipts to us **by October 31, 2014**.

ACTIVITY DESCRIPTIONS

PERSONAL HEALTH SURVEY – Find out about your overall health and wellbeing with this anonymous survey available from Attentive Health. The survey takes about 15 minutes to complete and afterward, an Attentive Health coach will meet with you confidentially to provide your results, along with a few recommendations just for you. Obtain your survey at Open Enrollment or online at www.attentivehealth.com/Sight-Sound.

GOAL-SETTING MEETING – Get the results of your Personal Health Survey in a brief meeting with an Attentive Health coach & discuss your next steps in the Passport Program. This meeting will take about 20 minutes, and will include a basic screening of your weight, blood pressure, waist circumference and overall body composition. Schedule your meeting online at www.attentivehealth.com/Sight-Sound or by calling us at **1.877.269.9754**.

PERSONAL HEALTH COACHING – Get personalized & confidential support in achieving your health goals with an Attentive Health coach. In these 20-minute phone sessions, our health coach will help you work on your goals and support you in staying on track. Sign up at www.attentivehealth.com/Sight-Sound or by calling us at **1.877.269.9754**.

COVENTRY DIGITAL HEALTH COACHING – You can choose to get online support with your health goals by participating in a digital health coaching program through Coventry Wellbeing. To enroll, visit www.healthamerica.cvty.com and register for My Online Services. You will find "Wellbeing Solutions" under "Wellness Tools" at the top of the page. Topics include:

Weight Management	Insomnia
Tobacco Cessation	Blood Pressure
Nutrition	Cholesterol
Physical Activity	Depression
Stress Management	And more!

PERSONAL PHYSICAL FITNESS PROGRAM – Earn points for your own personal fitness regimen in one of two ways: give us a report of your visits to the gym (request a report of your scans), or keep a personal fitness log throughout the year. Earn 30 Points on your Passport if you document 50 gym visits, or 50 points on your personal Fitness Log. Fitness Logs are available for download online at www.attentivehealth.com/Sight-Sound.

WELLNESS CHALLENGE – Details will be provided in the future about how you can participate in a fun wellness challenge competition with your coworkers. Stay tuned!

COMMUNITY FITNESS EVENTS – Get credit for participating in fun community health-related events: walking, running, biking, etc.!

HEALTH SEMINARS / WEBINARS – Health & wellness seminars on a variety of topics will be offered throughout the year, onsite & online. For a complete schedule & to log into webinars, go to: www.attentivehealth.com/Sight-Sound.

GET REIMBURSED FOR WEIGHT WATCHERS, OR OTHER COMMUNITY GROUP EDUCATION PROGRAMS!

For more details, check out the "LEARN & EARN" program at www.healthamerica.cvty.com

"Good health is a vehicle,
not a destination.
Where will yours take you?"

