

ACTIVITIES

COMPLETE ANY COMBINATION OF ACTIVITIES BELOW TO EARN YOUR REWARDS.

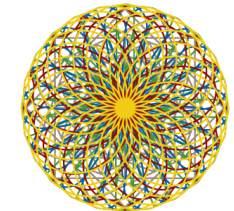
ACTIVITY	POINTS	COST	MILESTONE	DATE(S) COMPLETED
Personal Health Survey & Goal-Setting Meeting with Health Coach	REQUIRED	\$0	20-minute meeting scheduled at work (on paid time)	DUE BY DEC 4, 2014
Attentive Health Coaching	50	\$0	three 20-min appts at Sharp or by phone	⊙ ⊙ ⊙
Community Health Program (<i>Weight Watchers, ABC Diabetes, etc.</i>)	50	varies	Attentive Health pre-approval required	⊙ (receipt required)
Gym Visits & Fitness Classes	50	varies	1 point per gym visit or fitness class	⊙ (receipt required)
Attentive Health Fitness Log (<i>walking, biking, swimming, golf, etc.</i>)	50	\$0	1 Passport point per Fitness Log point	⊙ (log required)
Tobacco Cessation Program	50	\$0	Aetna, E4 or other documented program	⊙ (receipt required)
Non-Tobacco Affidavit	25	\$0	non-tobacco users complete online	⊙
Aetna Condition Management Program (<i>diabetes, asthma, heart disease, etc.</i>)	25	\$0	active participation confirmed by Aetna	⊙
Sharp 6-Week Wellness Challenge	25	\$0	meet minimum goal SPRING 2015	⊙
Wellness Break 30-Minute Webinars	10 each (up to 60 pts)	\$0	new topic online each month (live & playback)	⊙ ⊙ ⊙ ⊙ ⊙ ⊙
Routine Physical / Well-Visit*	25	\$0 once every 12 months		⊙ (receipt required)
Dental Hygiene Exam*	15 each (up to 30 pts)	\$0 once every 6 months		⊙ (receipt required) ⊙ (receipt required)
Eye Exam*	10	\$0 once every 12 months		⊙ (receipt required)
Flu Shot*	10	\$0		⊙ (receipt required)
Annual Gynecological Exam (<i>females</i>)*	10	\$0		⊙ (receipt required)
Annual Mammogram (<i>females, age 40+</i>)*	10	\$0		⊙ (receipt required)
Annual Prostate Screening (<i>males, age 50+</i>)*	10	\$0		⊙ (receipt required)
Colorectal Cancer Screening (<i>age 50+</i>) (<i>screening in the last 10 years</i>)	10	\$0 once every 10 years		⊙ (receipt required)
Other Preventive Care Screenings* (<i>vaccines, bone density scan, etc.</i>)	10	varies		⊙ (receipt required) ⊙ (receipt required)

*** completed since 11/1/2014**

Sharp Packaging Solutions



PASSPORT TO HEALTH™



ATTENTIVE
HEALTH

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Your Name

YOUR PASSPORT TO HEALTH™

Sharp Packaging Solutions 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 in the Sharp health plan can earn a \$15 per pay savings on their health insurance cost with the **FINISH LINE** award (up to \$360 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 AND goal-setting meeting for insurance savings Jan 2015– Dec 2015	
FINISH LINE	100 points	insurance savings Jan 2016 – Dec 2016
EXTRA MILE	150 points	insurance savings + TBD Bonus Award
NON-INSURANCE	100 points	TBD Award

- 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

- By December 4, 2014:** To earn your insurance savings for 2015, you will need to complete a confidential **personal health survey** and **meet** with an Attentive Health coach to discuss your results, get basic biometrics, and plan any next steps.
- By October 31, 2015:** Earn 100+ points on your Passport by completing various activities. (all activities must be documented)
- Turn in receipts** by Oct 31, 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

HEALTH SURVEY & GOAL-SETTING MEETING

Take 10 minutes to learn about your overall health by completing a CONFIDENTIAL survey. Then, follow-up with an Attentive Health coach to discuss your results and 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 by contacting Human Resources.

ATTENTIVE HEALTH COACHING

Meet in person or by phone to follow-up on your goals and receive guidance from an expert. Call us at **1.877.269.9754** to schedule an appointment, or book your appointment online directly at attentivehealth.com/sharp

COMMUNITY HEALTH PROGRAM – Want to get credit for something you do on your own? Weight Watchers, ABC Diabetes Management, mental health support, and other healthy programs can count for points. Just get approval from Attentive Health.

GYM VISITS or FITNESS CLASSES – Document your physical activity from Jan – Oct 2015 by turning in a report of scans in at your gym or an attendance card showing fitness class attendance and earn 1 point for every visit or class, up to 50 points.

ATTENTIVE HEALTH FITNESS LOG – You can also document your home or non-gym activities on a Fitness Log from Attentive Health and earn 1 Passport point for each point on the Fitness Log, up to 50 points. Fitness logs are available online at attentivehealth.com/sharp or by calling us at **1.877.269.9754**

TOBACCO PROGRAMS – Certify that you are not a tobacco user by completing an Attentive Health affidavit. If you are a tobacco user, you can get help via Aetna or your E4 Employee Assistance Program (EAP).

SHARP 6-WEEK WELLNESS CHALLENGE – Have fun competing with your coworkers and build new healthy habits in the process! Meet a minimum goal and earn Passport points. Details will be announced.

WELLNESS BREAK WEBINARS – Take a 30-minute wellness break and learn a few health tips! Topics & schedule online at: attentivehealth.com/sharp

PREVENTIVE CARE – Get credit for your annual physical and any other preventive care visits you have from November 1, 2014 – October 31, 2015. Be sure to send us other proof of your visit such as a receipt or insurance statement!

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

