## ACTIVITIES

**COMPLETE ANY COMBINATION OF ACTIVITIES BELOW TO EARN YOUR REWARDS.**

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

* completed since 11/1/2014
**Passport to Health**

Shar 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.

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### Instructions

1. **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.

2. **By October 31, 2015:** Earn 100+ points on your Passport by completing various activities. (all activities must be documented)

3. **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.

#### 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!

#### Community Health Program
- **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.

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**Visit the Passport to Health Online:**

attentivehealth.com/Sharp | YOUR ID: __________________