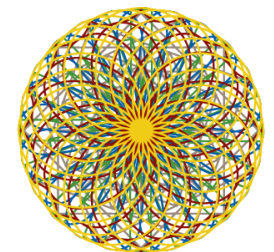


PASSPORT ACTIVITIES

COMPLETE ANY COMBINATION OF ACTIVITIES BELOW TO EARN YOUR REWARDS.			
HEALTHY LIVING ACTIVITIES	POINTS	MILESTONE	DATE COMPLETED
Personal Health Survey & Health Coach Meeting	REQUIRED	anonymous survey & 20-minute meeting	(NOT REQUIRED IN 2018 IF COMPLETED IN 2017)
Biometric Screening	25	onsite in Fall 2018 or via physician form	⊙
Attentive Health Coaching	20 each <i>(up to 80)</i>	20-minute meetings with a health coach	⊙ ⊙ ⊙ ⊙
Lannett Wellness Challenge	25	details announced SPRING 2018	⊙
Gym Visits & Fitness Classes	1 pt each <i>(up to 50)</i>	1 point per gym visit or fitness class	⊙ _____ (SUBMIT PROOF)
Fitness Tracker Steps	1-2 per wk <i>(up to 50)</i>	50,000 per week = 1 point 70,000 per week = 2 points	⊙ (SYNC DEVICE WEEKLY)
Attentive Health Fitness Log	up to 50	1 Passport point per Fitness Log point	⊙ _____ (SUBMIT REPORT)
Community Fitness Events	10 each <i>(up to 20)</i>	earn for hosted 5Ks or similar events	⊙ _____ (SUBMIT RECEIPT) ⊙ _____ (SUBMIT RECEIPT)
“Wellness Break” Webinars	10 each <i>(up to 40)</i>	30-minutes each	⊙ ⊙ ⊙ ⊙
Community Health Programs <i>(Weight Watchers, ABC Diabetes, etc.)</i>	50	Attentive Health approval required	⊙ _____ (SUBMIT RECEIPT)
PREVENTIVE SCREENINGS	POINTS	RECOMMENDED	DATES COMPLETED
Annual Physical / Well-Visit *	25	once every 12 months	⊙ _____ (SUBMIT RECEIPT)
Dental Hygiene Exam *	10 each	once every 6 months	⊙ _____ (SUBMIT RECEIPT) ⊙ _____ (SUBMIT RECEIPT)
Other Preventive Care Screenings * <i>(flu shot, eye exam, mammogram, etc.)</i>	10 each	varies according to age & gender	⊙ _____ (SUBMIT RECEIPT) ⊙ _____ (SUBMIT RECEIPT) ⊙ _____ (SUBMIT RECEIPT) ⊙ _____ (SUBMIT RECEIPT)
PROGRAM REWARD MINIMUM	100	BY OCTOBER 31, 2018	

*** preventive care activities completed since 7/1/2017**
(all other activities limited to 1/1/18 - 10/31/18)



ATTENTIVE HEALTH, LLC
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PASSPORT.ATTENTIVEHEALTH.COM

ATTENTIVE
HEALTH

YOUR PASSPORT TO HEALTH™

The PASSPORT TO HEALTH™ is a wellness participation program where you can complete healthy activities, earn points, and get rewarded for your smart decisions and the steps you take toward a healthy lifestyle.

If you meet the requirements below by the program deadline, you can earn a \$25 per month wellness credit toward your employer's health insurance with the **FINISH LINE** award.

The **EXTRA MILE** award is for those who go above & beyond and includes the wellness credit PLUS an additional reward. Please see the chart below for the annual point requirements for each award level.

PASSPORT INSTRUCTIONS

1. Complete a **personal health survey & meet** with an Attentive Health coach to review your results & make plans for earning your rewards.
2. **Turn in receipts** for activities such as doctor visits and community events. Submit your receipts directly to Attentive Health:

 FAX: 215.359.9639
 MAIL: P.O. Box 61, Telford PA 18969
 EMAIL: lannett@attentivehealth.com
 UPLOAD: passport.attentivehealth.com
3. From **January 1 – October 31, 2018**: Earn 100+ points on your Passport by completing various activities (all activities must be documented).

ACTIVITY DESCRIPTIONS

HEALTH SURVEY & GOAL-SETTING MEETING – Take 15-20 minutes to learn about your overall health by completing a confidential survey. Then, follow-up with an Attentive Health coach to review your results, goals & next steps to earn your rewards. (Not required in 2018 if completed in 2017.) Survey and schedule at passport.attentivehealth.com or call us at **1.855.387.1300**.

ATTENTIVE HEALTH COACHING – Get personalized & confidential support with 20-minute meetings to achieve your personal goals. Sign up at passport.attentivehealth.com or call us at **1.855.387.1300** to schedule.

6-WEEK WELLNESS CHALLENGE – Details will be announced in the Spring of 2018 about how you can participate in a fun 6-week wellness challenge competition with your coworkers. Stay tuned to learn more!

GYM VISITS & FITNESS ACTIVITIES / CLASSES – If you belong to a gym or attend fitness classes, just request a report of your scans or other proof of your attendance to provide to Attentive Health. You can earn 1 point on your Passport for each gym visit or fitness class from **January 1, 2018 – October 31, 2018**.

FITNESS TRACKER STEPS – Wear a Fitbit, Garmin, smartphone, or other fitness tracker and get 1 point for every week you reach 50,000 steps (MON-SUN). If you reach 70,000 steps for the week, you'll earn 2 points for the week, up to 50 points total. To get credit for these activities, you will need to sync your device's steps to a free personal account in Stridekick and join an Attentive Health challenge. Detailed instructions can be found on the Fitness Tracker page at passport.attentivehealth.com. If you have questions or need support, call us at **1.855.387.1300**.

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 passport.attentivehealth.com.

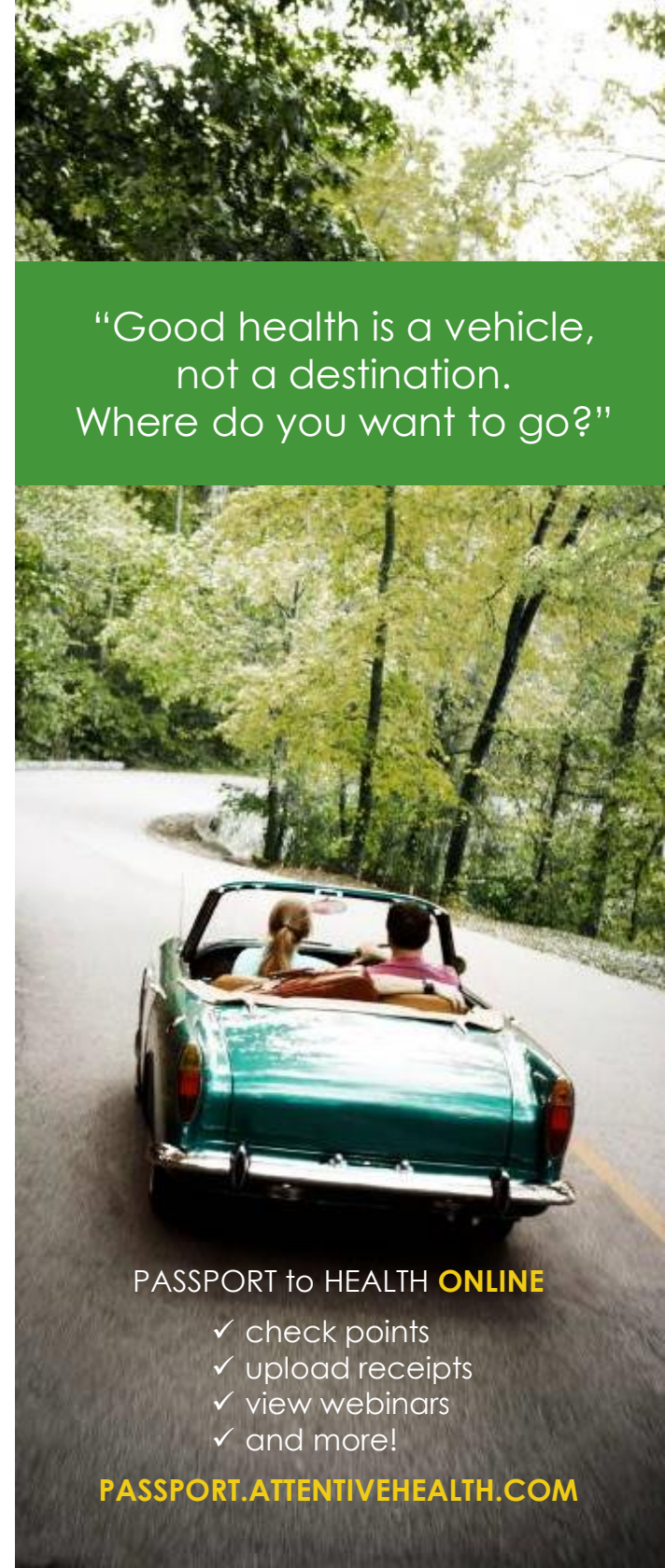
COMMUNITY FITNESS EVENTS – Earn points for any community 5K+ walk, run, or cycling event you participate in. Just turn in some type of receipt... or even a photo!

WELLNESS WEBINARS – A variety of 30-minute topics will be offered online during the year. Watch anytime and learn some practical tips!

COMMUNITY HEALTH PROGRAMS – Get credit for participating in community programs such as Weight Watchers, diabetes education, and more! Just get approval from Attentive Health first & find out how many points you can earn.

ANNUAL PHYSICAL & OTHER PREVENTIVE CARE Get credit for your annual physical and other routine preventive care from **July 1, 2017 – October 31, 2018**. No results needed... simply submit receipts or other proof of your visits. Please be sure you include your name, the company you work for, and which service you are submitting for on your documentation.

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



PASSPORT to HEALTH **ONLINE**

- ✓ check points
- ✓ upload receipts
- ✓ view webinars
- ✓ and more!

PASSPORT.ATTENTIVEHEALTH.COM

LEVEL	REQUIREMENTS	DUE / REWARD
START	1. health survey 2. coach meeting	required in 2018 if not completed in 2017
FINISH LINE	100 points	due 10/31/18 for wellness credit in 2019
EXTRA MILE	150 points	due 10/31/18 for TBD award in Dec 2018
well-PASS BONUS	achieve or maintain healthy biometric goals from 2017 to 2018	\$100 bonus in Dec 2018 (see well-PASS flyer for details)

- The PASSPORT TO HEALTH™ program runs from **January 1, 2018 – October 31, 2018**.
- See the ACTIVITIES chart to view how many points you can earn for each activity.
- If you have any questions, please contact Attentive Health at **1.855.387.1300** or email lannett@attentivehealth.com.