



- ✓ **Complete your annual physical** with your provider and submit Wellness Form to receive \$100 health reimbursement account (HRA) contribution. To submit your completed well-being form, fax to 508-302-0055 or upload directly to your well-being portal account.
 - Your covered spouse/domestic partner also earns \$100 HRA contribution.
- ✓ **Earn points along your well-being journey** towards an additional \$300 HRA contribution and great prizes!
 - **Maintain or reach health goals and receive 1000 points for each.** Access your previous year's results from your well-being portal and take them to your appointment.

2021 Results	Meet all 5 AHS Health Goals	OR Show Defined Improvement over 2020 results	OR Work with your provider!
BMI	BMI less than 25, OR Waist circumference less than 40 for men, less than 35 for women	5% improvement in BMI	Your provider can check the box and initial next to that result to indicate an exemption if: <ul style="list-style-type: none"> • They consider a result to be healthy for you or • They are working on a result with the patient, or • Your Result is out of range due to pregnancy or medical condition
Blood Pressure	Systolic: Less than 120 Diastolic: Less than 80	Systolic: Improve 10 mm OR Diastolic: Improve 5 mm	
LDL	Less than 100	10% improvement in LDL	
Glucose HbA1c	Less than 100 OR Less than 5.7	10% improvement in fasting glucose	
Tobacco	Negative	Complete AHS Tobacco Cessation Coaching	

- **Engage in a variety of activities to support your well-being journey!**
Visit [AHSWellness.com](https://www.AHSWellness.com) for details.

Deadline: December 19, 2021

*Not sure you can meet the program components? We can work with you, and if you wish, your doctor, to find an alternative way for you to qualify for the same reward. Please contact Virgin Pulse at 833-724-4285 by 12/19/21. This program is voluntary; however, if you enroll in the health plan but choose not to participate, you may miss out on financial rewards. See full program details on the [well-being portal](#). *Team members enrolled in the Atlantic Health PPO employee Healthcare Benefit Plan are eligible for health reimbursement account (HRA) rewards, up to \$400. Spouses enrolled in the medical plan can earn an additional \$100 in the team member's HRA for completing annual physical/wellness form. Completion of team member's annual physical is required to unlock all HRA rewards.*