

Rewards

The more you do, the more you earn.



DO Healthy
Things



EARN
Points



CELEBRATE
Success

WHAT YOU CAN EARN EACH YEAR:

60 hours or more per pay period	Level 1		Level 2		Level 3		Level 4		Max Earnings
Rewards	\$50	+	\$100	+	\$150	+	\$200	=	\$500
Points	5,000		10,000		20,000		40,000		40,000 > Keep going!

Less than 60 hours per pay period	Level 1		Level 2		Level 3		Level 4		Max Earnings
Rewards	\$25	+	\$50	+	\$75	+	\$100	=	\$250
Points	5,000		10,000		20,000		40,000		40,000 > Keep going!

WAYS TO EARN

	Do healthy things	Earn points
Daily	Track your healthy habits	per habit (up to 3) 10
	Daily calorie tracking	20
	Do your daily cards	per card (up to 2) 20
	Maximum daily activity (steps & workout) points	140
Monthly	Update your measurements (self-entered weight/blood pressure)	50
	Creating a personal challenge	50
	Join personal challenge	100
	Complete 20 daily cards in a month	200
	Complete 20 Whil sessions in a month	200
	Achieve the promoted healthy habit challenge	200
	Choose your eating type	250
	Choose your sleep profile	250
	Complete a health coaching appointment	250
	Track your healthy habits 20 days in a month	300
Quarterly	Complete a whole Journey	250
Yearly	Register for the annual Walking Challenge	100
	Set a wellbeing goal	200
	Track steps at least once a week for all weeks of the annual Walking Challenge	250
	Community Service or St. Charles Voluntary Event	500
	Tobacco-free status	500
	Preventative Care Exam (dental, medical, or vision)	twice per year 500
	Complete an Annual Health Screening Appointment (required)	1,000
	Complete the online Wellness Assessment questionnaire (required)	1,000
One Time	Register for the Engage for Health portal (required)	100
	Invite a friend/family member outside of St. Charles to participate	100
	First login to mobile app	250

For more ways to earn, visit **How to Earn** under the **Rewards** tab on the site — or Program Details on the mobile app.



Reward Payment Details:

Reward opportunities are based on the caregiver's positioned FTE (full time equivalent) level status as of Dec. 31, 2020. Caregivers and spouses of caregivers who are positioned at less than 60 hours per pay period may earn up to \$250 per participant, and caregivers and spouses of caregivers who are positioned at 60 hours or more per pay period may earn up to \$500 per participant. Participants who earn a reward will be issued the reward payment during the second pay period in January 2021.

The payment method in which participants will receive their monetary reward is contingent on the medical health plan that they are enrolled under at the time that their reward is issued:

- Prime PPO plan members will receive their reward as a taxable check/direct deposit
- CDHP plan members will receive their reward as a tax-free addition into their H.S.A.*
- Select PPO plan members will receive their reward as a tax-free addition into their H.R.A.*

*CDHP or Select PPO plan members who wish to receive their reward as a taxable check/direct deposit must email the Engage for Health team at engageforhealth@stcharleshealthcare.org by Dec. 31 to request this change.

Reward Requirements:

Engage for Health caregivers and spouses may earn a monetary reward by earning points for participation-based items. To qualify for the reward, participants must meet the following requirements:

- Be a caregiver or spouse of a caregiver who is enrolled under a St. Charles medical health plan by July 31, 2020, and be actively enrolled under a St. Charles medical health plan as of Dec. 31, 2020
- Complete an annual screening appointment between August and October 2020
- Complete the online wellness assessment questionnaire at www.engageformyhealth.org by Dec. 31, 2020

Reasonable Alternative:

If it is unreasonably difficult due to a medical condition for participants to achieve the standards for the reward under this program, or if it is medically inadvisable for participants to attempt to achieve the standards for the reward under the program, the participant may contact us and we will work with them to develop another way to qualify for the reward.

Have Questions?

Web: www.engageformyhealth.org

Phone: 888-671-9395 | Monday–Friday 5am–6pm PT

Email: engageforhealth@stcharleshealthcare.org

