Well ♥ Being

CONNECT WITH YOUR CLINICIAN

To start earning HRA contributions **complete your annual physical,** talk with your clinician about your goals and **submit your well-being form** to earn a **$100 HRA contribution***.

Instructions: Have your clinician fill out the following Well-Being form. Once complete, you can upload your form directly to your account at AHSWellness.com > Well-Being Form or the Virgin Pulse app.

Use lab code **AHSWELLNESS** if using an Atlantic Health System lab.

Spouse/ Domestic Partner Participation: If enrolled in the health plan earn an additional **$100 HRA contribution*** for registering their own well-being portal account, completing an annual physical, and submitting their well-being form.

Annual Physical and labs are covered at 100% once per calendar year for you and your spouse/domestic partner.

2023 Results	Meet AHS Health Goals	OR Improve over 2022 results	OR Work with your clinician
BMI	Less than 25	5% improvement	Your clinician can check the box and initial next to any result to indicate an exemption if: • They consider a result to be healthy for you, **or** • They are working on a result with you, **or** • Your result is out of range due to pregnancy or a medical condition
Waist Measurement	Less than 40 for men Less than 35 for women	5% improvement	
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	
Fasting Glucose	Less than 100	10% improvement	
HbA1c	Less than 5.7	5% improvement	
Nicotine	Negative	Complete AHS Tobacco Cessation Coaching	

Total Cholesterol, HDL, Body Fat and Triglycerides are not required.

Earn Well-Being Points and Rewards! Reach reward levels on the Well-Being Portal to **earn additional HRA contributions adding up to $300* and entry in quarterly raffles** for meeting or improving health goals and participating in healthy activities throughout the year for well-being reward points.

Go to AHSWellness.com > Rewards to view Well-Being point values for each result.

Atlantic Health System