



# Your 2023 Points Program

## **LiveWell Incentive**

When an associate completes the biometric screening and a health assessment or completes a physician form, an associate will receive a weekly credit toward the associate contribution equal to one-half of the Associate share of monthly premium for single coverage under the Medical Program.

## **Wellness Activity Incentive Information**

- One point = \$1 earned.
- Earn up to 400 points per quarter.
- Points do not rollover to subsequent quarters.
- Point Earning Periods:
  - Q1 (Jan. 1, 2023 to March 31, 2023)
  - Q2 (April 1, 2023 to June 30, 2023)
  - Q3 (July 1, 2023 to Sept. 29, 2023)
  - Q4 (Oct. 1, 2023 to Dec. 29, 2023)

Activity	Point Value	Category
<b>Biometric Screening and Health Assessment or Physician Form</b>	Incentive is equal to ½ of the Associate share of monthly premium for single coverage under the Medical Program	LiveWell
<b>Complete Annual Physical</b>	100 points (max 100 annually)	Prevention
<b>Complete Mammogram, Colonoscopy, or PSA</b>	75 points (max 150 annually)	Prevention
<b>Complete Dental Exam</b>	25 points (max 50 annually)	Prevention
<b>Complete Eye Exam</b>	25 points (max 25 annually)	Prevention
<b>Complete Skin Cancer Screening</b>	25 points (max 25 annually)	Prevention
<b>Complete Online Courses</b>	15 points (max 150 annually)	Education
<b>Financial Webinar (Principal)</b>	15 points (max 180 annually)	Education
<b>Meet with Financial Coach (Principal)</b>	75 points (max 75 annually)	Education
<b>Attend On-Site Education Class</b>	25 points (max 150 annually)	Participation
<b>Join a Gym or Fitness Facility</b>	25 points (max 25 annually)	Participation
<b>Visit the Gym at Least 10 Times Per Month</b>	50 points (max 150 annually)	Participation
<b>Contributing 6% or more towards your 401(k) plan</b>	100 points (max 100 annually)	Participation
<b>Complete Well-Being Activity</b>	25 points per event (max 100 annually)	Participation
<b>Complete Challenge Programs</b>	50 points per challenge (max 150 annually)	Participation
<b>Caught Ya Aspiring!</b>	5 points (max 50 annually)	Participation