

# Join WellStyles Today!

#### Earn rewards while improving your health and wellness!

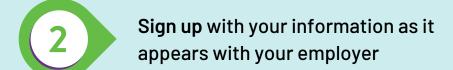
WellStyles is your personalized health and wellness program that's designed to meet you where you're at in your health journey. Our members spend an average of 50 hours per week at work, and we're here to help you carve out time for yourself. Because optimal health is for everyone. The WellStyles program runs from <u>July 1 - June 30</u>.

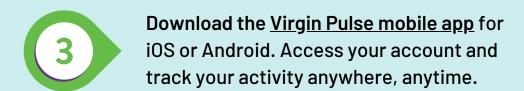
## What you can earn:

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	SECRET LEVEL 5
Points	5,000	15,000	35,000	60,000	Unlock to reveal
Rewards	\$20	\$60	\$60	\$60	
Totals	(\$20)	(\$80)	(\$140)	(\$200)	

## How to get started:









Please note: If you create an account through the app, you will need to enter the sponsor name.

**Sponsor Name: WellStyles** 

#### Who is this for?

\*\*Employees insured through UHC\*\* Reach level 4 to earn \$200 on the platform. Those on the HDHP plan get an additional \$300 gift card emailed at level 5 (80,000 points) and \$700 HSA contribution at levels 3 and 4!

\*\*All employees (Including parttime and non-benefited)\*\* All non-benefited employees will be entered to win a prize. The more levels you hit, the more entries you get!

### **Questions?**

If you need assistance, please contact the WellStyles team at info@wellstyles.org.





## A quick guide to success:

For more information on earning points, visit the Rewards page and click on "How to Earn" for a full list of eligible activities throughout the year. To see what points you have earned to date, go the Rewards page and click on "My Earnings" for a full list.

Activity	Monthly Point	ts Earned	Activity	Yearly	/ Points Earned	
Daily Cards (20 points each)		Health Assessme	ent	2,500		
Complete 2 Daily Cards, 5 days a week		200	Find the Health Assessment by clicking on Rewards and scrolling down to the Survey section and click on Health Assessment.			
Bonus: Complete 10 Daily Cards in a month		100				
Bonus: Complete 20 Daily Cards in a month		200	Preventative Car	re		
Healthy Habits (10 points each)		Dental Exams		5,000		
Track Healthy Habits, 3x a day for 5 days a week		150	Vision Exam		2,500	
Bonus: Track Healthy Habits 10 days in a month		200	Preventative Vaccines		5,000	
Bonus: Track Healthy Habits 20 days in a month		300	Cancer Screenings		15,000	
Step Tracking (7,000 steps in a day = 70 points)			Wellness Exam		20,000	
Take 7,000 steps a day for 5 days a weel	400	Note: Wellness Exams and Cancer Screenings require documentation. Documentation must include the provider and date of exam/screening. For example, a doctor's note or your explanation of benefits from your medical insurance provider.				
						400
20-Day TT: 7,000 steps/15 active min/15 workout min						
20-Day TT: 10,000 steps/30 active min/30 workout min		500	Additional			
Sleep Tracking (10 points per night)		WellStyles Annua	l Survey	1,000		
Track Sleep Manually 5 days a week		50	Step Challenges 4,0		4,000	
Bonus: Track Sleep 10 days in a month		100	Spring Step Chall	enge	2,000	
Bonus: Track Sleep 20 days in a month		200	TOTAL YEARLY POINTS Up		up to 57,000	
Bonus: Sleep > 7 hours 20 days in a mont	th	500			up 10 07/000	
Healthy Habit Challenges						
Healthy Habit Challenge		200				
Create a Personal Challenge		50				
Monthly Virtual WellStyles Events						
Wellness Window x9		350				
Healthy Habit Coaching Call x9		350				
WellStyles Event points are awarded by Vou	cher					

**TOTAL MONTHLY POINTS** 

Redeem a Voucher.

Codes. These 10-digit codes can be applied to your account by clicking on Rewards then by clicking on

up to 7,350



and sweet tech tip videos designed to help you health and wellness goals with ease.

