

There's something for everyone.

Which focus area do you align with?

HealthFlex Well-Being Programs can help you earn rewards and work toward achieving personal goals! Pick your well-being focus area and make the most out of your own journey.

Earn up to \$410 this year for prioritizing your well-being

- Accumulate 15,000 points per quarter to earn \$40 in Rewards Cash, for up to \$160 in Rewards Cash annually
- Accumulate 150 Wellness Credits and earn \$150 in Rewards Cash annually
- **BONUS:** Earn an extra \$100 in Rewards Cash just for completing the Blueprint for Wellness®

GOAL Physical Activity

"I'm focused on physical activity and fueling for energy, but also care about my overall well-being."

| Annual Wellness Credit Opportunities | Credits Earned |
|---|----------------|
| Complete the Health Check | 35 |
| Complete a Personify Health live coaching call (earn 25 credits each, 6x/year) | 150 |
| Complete a Journey (earn 15 credits each, 3x/year) | 45 |
| Program Total | 230 |
| Quarterly Point Opportunities | Points Earned |
| General | |
| Set your interests (suggestions: Getting Active, Eating Healthy, Sleeping Well) | 400 |
| Set a well-being goal (annual earning opportunity) | 400 |
| Daily Actions | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| Track 3 Healthy Habits from Getting Active, 30 days/month | 2,700 |
| Physical Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Take 10,000 steps/day, 20 days/month | 1,500 |
| Work out for 15 mins/day, 10 days/month | 2,100 |
| Work out for 30 mins/day, 10 days/month | 3,000 |
| Challenges | |
| Join a personal challenge each month | 300 |
| Win the promoted Healthy Habit challenge each month | 600 |
| Nutrition | |
| Daily calorie tracking, 10 days/month | 600 |
| Choose your eating type | 250 |
| Quarterly Total: | 19,650 |

GOAL Emotional Well-Being

"I'm focused on mental health and emotional well-being. I want to decrease my stress and increase energy; I also track sleep."

| Annual Wellness Credit Opportunities | Credits Earned |
|--|----------------|
| Complete the Health Check | 35 |
| Access the EAP for Work/Life Services | 15 |
| Access the EAP for Emotional Counseling | 15 |
| Adopt a new spiritual practice for 1 month | 15 |
| Complete a Personify Health live coaching call (earn 25 credits each, 6x/year) | 150 |
| Meet with an EY Financial Planner for at least 5 minutes | 25 |
| Submit a success story | 20 |
| Complete a Journey (earn 15 credits each, 3x/year) | 45 |
| Program Total | 320 |
| Quarterly Point Opportunities | Points Earned |
| General | |
| Set your interests (suggestions: Reducing Stress, Anxiety & Depression, Grief and Loss, Alcohol Use) | 400 |
| Set a well-being goal (annual earning opportunity) | 400 |
| Daily Activities | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| Track 3 Healthy Habits from Reducing Stress, 30 days/month | 2,700 |
| Physical Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Mental Well-Being | |
| Complete a RethinkCare session, 10 days/month | 300 |
| Complete 2 RethinkCare programs each month | 150 |
| Sleep | |
| Track sleep nightly, 20 days/month | 1,200 |
| Sleep >7 hours in a night, 20 days/month | 3,000 |
| Choose your sleep profile | 250 |
| Quarterly Total: | 16,200 |

GOAL Chronic Conditions

"I'm focused on general well-being and living with chronic conditions. I want to prioritize preventive health activities as well as physical activity and nutrition."

| Annual Wellness Credit Opportunities | Credits Earned |
|---|----------------|
| Complete the Health Check | 35 |
| Complete a Personify Health live coaching call (earn 25 credits each, 6x/year) | 150 |
| Omada Health participation | 150 |
| Complete a Journey (earn 15 credits each, 3x/year) | 45 |
| Meet American Heart Association guidelines on seven 2025 Blueprint for Wellness health measures or improve on 2024 results (earn 20 credits each) | 140 |
| Program Total | 520 |
| Quarterly Point Opportunities | Points Earned |
| General | |
| Set your interests (suggestions: Diabetes, Blood Pressure, Obesity, Cholesterol, Medicine Support) | 400 |
| Set a well-being goal (annual earning opportunity) | 400 |
| Daily Activities | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| Track 3 Healthy Habits from Health Situations, 30 days/month | 2,700 |
| Physical Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Mental Well-Being | |
| Complete a RethinkCare session, 10 days/month | 300 |
| Complete 2 RethinkCare programs per month | 150 |
| Nutrition | |
| Daily calorie tracking, 20 days/month | 900 |
| Browse healthy recipes 10 days/month | 300 |
| Sleep | |
| Track sleep nightly, 20 days/month | 1,200 |
| Sleep >7 hours in a night, 20 days/month | 3,000 |
| Choose your sleep profile | 250 |
| Quarterly Total: | 17,400 |

GOAL Improve Sleep

"I'm focused on getting better sleep. I want to improve my sleep through stress reduction and physical activity."

| Annual Wellness Credit Opportunities | Credits Earned |
|--|----------------|
| Complete the Health Check | 35 |
| Complete a Personify Health live coaching call (earn 25 credits each, 6x/year) | 150 |
| Complete a Journey (earn 15 credits each, 3x/year) | 45 |
| Access the EAP for Emotional Counseling | 15 |
| Access the EAP for Work/Life Services | 15 |
| Program Total | 260 |
| Quarterly Point Opportunities | Points Earned |
| General | |
| Set your interests (suggestions: Sleeping Well, Reducing Stress, Getting Active) | 400 |
| Set a well-being goal (annual earning opportunity) | 400 |
| Daily Activities | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| Track 3 Healthy Habits from Sleeping Well, 30 days/month | 2,700 |
| Physical Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| Mental Well-Being | |
| Complete a RethinkCare session, 10 days/month | 300 |
| Complete 2 RethinkCare programs per month | 150 |
| Sleep | |
| Track sleep nightly, 20 days/month | 1,200 |
| Sleep >7 hours in a night, 20 days/month | 3,000 |
| Quarterly Total: | 15,950 |

GOAL Improve Diet

"I want to focus on improving my diet so that I have more energy throughout the day to do the things that I love doing."

| Annual Wellness Credit Opportunities | Credits Earned |
|--|----------------|
| Complete the Health Check | 35 |
| Complete a Personify Health live coaching call (earn 25 credits each, 6x/year) | 150 |
| Complete a Journey (earn 15 credits each, 3x/year) | 45 |
| Omada Health participation | 150 |
| Program Total | 380 |
| Quarterly Point Opportunities | Points Earned |
| General | |
| Set your interests (suggestions: Eating Healthy, Getting Active, Sleeping Well) | 400 |
| Set a well-being goal (annual earning opportunity) | 400 |
| Daily Cards | |
| Complete 2 Daily Cards, 30 days/month | 3,600 |
| Track 3 Healthy Habits from Eating Healthy, 30 days/month | 2,700 |
| Nutrition | |
| Daily calorie tracking, 20 days/month | 900 |
| Browse healthy recipes, 10 days/month | 300 |
| Favorite a recipe, 3 weeks/month | 90 |
| Choose your eating type | 250 |
| Physical Activity | |
| Take 7,000 steps/day, 20 days/month | 4,200 |
| 20-Day Triple Tracker each month: 7,000 steps/15 active minutes/15 workout minutes | 1,200 |
| Challenges | |
| Join a personal challenge each month | 300 |
| Win the promoted Healthy Habit challenge each month | 600 |
| Quarterly Total: | 15,320 |