

# Your 2019 Health Smart Rewards Program

## Healthy activities rewards chart

**You and your benefits-enrolled spouse or domestic partner can earn up to \$500 in Health Smart Rewards for participating in the 2019 wellness program!**

Access your Aetna Health<sup>SM</sup> dashboard to understand your health status, and maintain or achieve positive long-term health results. Take charge of your health — and earn incentives along the way! Earn Health Smart Rewards for healthy activities completed January 1 – November 30, 2019.

Begin with the health assessment, biometric screening and tobacco attestation. These three activities must be completed by September 30, 2019 to earn additional rewards. Review the healthy actions and rewards chart to find out how you can earn up to \$500 each year.

## Your health dashboard

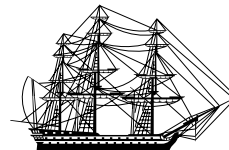
To get started, log in to your member website at [aetna.com](http://aetna.com) and select “Discover a healthier you.” (You may need to create a user name and password first.) Your personal health site includes:

- The health assessment
- Your health profile
- Activity and rewards tracker
- Digital coaching support
- Online communities
- Articles, tools and tips










If you have questions as you navigate this program, click “Contact Us” on your personal health site or call **1-800-938-0512**.

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# Healthy actions and rewards

Action	What to do	Reward	How often
 <b>Health assessment</b>	Complete an annual health assessment online to help build a picture of your overall health, so you can set goals for the year. It takes just 15 minutes to complete. <i>This is a required activity and must be completed by September 30, 2019.</i>	\$50	1x
 <b>Biometric screening</b>	Find out your key health numbers, including blood pressure and cholesterol, with a simple screening. This can be done at CrewCare, by your doctor using the Physician Results Form, or at an on-site screening or participating lab. <i>This is a required activity and must be completed by September 30, 2019.</i>	\$50	1x
 <b>Tobacco attestation</b>	Report whether or not you've used a tobacco product in the last six months. <i>This is a required activity and must be completed by September 30, 2019.</i>	\$100 tobacco free	1x
 <b>Biometric targets</b>	Achieve optimal screening results or improve on last year's results: <ul style="list-style-type: none"> <li>• <b>Blood pressure</b> Optimal: &lt; 120/80 mmHg Improved: Overall level reduced by at least 10%</li> <li>• <b>Body mass index (BMI)</b> Optimal: &gt; 18.5 and &lt; 25 Improved: Reduced by at least 5%</li> <li>• <b>Glucose</b> Optimal: &lt; 100 (fasting) or &lt; 140 (non-fasting) Improved: Fasting or non-fasting level reduced by at least 10%</li> <li>• <b>Non-HDL cholesterol</b> Optimal: &lt; 100 Improved: Reduced by at least 10%</li> </ul>	\$100 per metric	4x
 <b>Fitness tracker</b>	Get moving! Use your fitness tracker to measure your daily activity, and earn a reward for completing 5,000 steps or 30 minutes of physical activity at least three days per week for ten weeks.	\$50	4x
 <b>Health coaching</b>	Complete a session with a CrewCare health coach, over the phone or in person, and get support to meet your health goals. Lose weight, quit smoking, reduce stress, sleep better and more. You decide how and when to meet.	\$25 per session completion	8x
 <b>Digital coaching</b>	Work towards your health goals with online digital tools or by learning more in the health education library. You'll earn "hearts" for your efforts. When you reach 3,000 hearts, or level three status, you'll earn a reward.	\$50	4x

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# Healthy actions and rewards

Action	What to do	Reward	How often
 Annual physical	Complete an annual well-adult or well-woman exam, and earn a reward.	\$50 max	1x
 Preventive care	Complete preventive services for crew member and spouse/domestic partner, including a colonoscopy, dental exam, flu shot, mammogram, Pap test, prostate-specific antigen (PSA) test and sigmoidoscopy.	\$25	2x
 ShipShape workouts	Complete 50 workouts at a Vanguard ShipShape facility, and earn a \$100 reward. Complete 50 additional workouts, and earn another \$100 reward.*	\$100	2x
 Fit 2 Thrive weight-management program	Complete this six-week ShipShape weight-management program. You'll get the tools and motivation you need to lose weight and get healthier — plus, you'll earn a reward.*	\$100	1x
 Mindful Living program	Work with a health coach to learn the practice of mindful meditation. Become more resilient against stress in your everyday life. You'll earn a reward for completing at least four of the six live sessions.*	\$100	1x

\*Available to crew members only

Note: You must complete the health assessment, biometric screening and tobacco attestation (the three Program Requirements) by September 30th in order to receive any rewards. All crew members and their covered spouse or domestic partner are eligible to participate in the Health Smart Rewards wellness program; however crew hired in September or later will not be able to earn rewards due to the Program Requirements deadline of September 30th.

Discover a healthier you in 2019.

Log in to your member website at [aetna.com](http://aetna.com) to find out more and get started.

