

## 2019 Health Smart Rewards Wellness Program Incentive Schedule, administered by Aetna Health<sup>SM</sup>

### Earned Health Smart Rewards incentive schedule

- If you are enrolled in one of the Aetna HealthFund plans, expect to receive your *earned* rewards in your Health Reimbursement Account (HRA) weekly, every Friday.
- If you are enrolled in the Aetna HDHP, expect to receive your *earned* rewards in your Health Savings Account (HSA) bi-weekly, following the payroll schedule.
- If you are not enrolled in a Vanguard administered plan, expect to receive your *earned* rewards in the form of a gift card.

### Timing of when activities are recorded within the Aetna Health<sup>SM</sup> Rewards Center

#### Program requirements

*Note: completing the following activities before September 30 are required to earn Health Smart Rewards under the program.*

- Health Assessment: real-time, once all the questions are completed.
- Biometric Screening: six to eight weeks following your completed appointment, you can expect the biometric screening activity card to complete and the targets card to reflect any earned rewards.
- Self-Attest Tobacco Attestation: real-time, once the appropriate card is completed.

#### Other activities

- Preventative care services: two to three weeks following Aetna or Delta Dental issuing the Explanation of Benefits (EOB). If you are not enrolled in a Vanguard-administered plan, you have the opportunity to self-report your preventative care visits on the Aetna Health<sup>SM</sup> dashboard within the preventative care services card on the Rewards Center page.
- As you complete fitness tracker activities (manually or by synching a fitness device or app) and digital coaching activities (by earning “Hearts”) on the Aetna Health<sup>SM</sup> dashboard, any earned rewards will show real-time.
- Within four to six weeks after your completion date of the following activities you can expect the respective card to reflect any earned rewards.
  - 50 ShipShape workouts for ShipShape members only
  - Fit2Thrive program completion
  - Health coaching visits at CrewCare

Visit the Rewards Center on the Aetna Health<sup>SM</sup> dashboard for additional information.