



It's a win-win

Earn up to \$50 by taking healthy actions today!



Do something good for your health — and your wallet

You and your covered spouse can each earn hearts as currency to earn up to \$50 in gift cards through the **Aetna® Well-Being Rewards program**.
100 hearts = \$1.00.



Get vaccinated

Get any of the following vaccines: COVID-19, flu or any age-appropriate immunizations. These include MMR, Tdap, chicken pox, pneumonia, meningitis, hepatitis A and B, and herpes zoster. Self-report your vaccines on the **Discover a Healthier You** well-being portal.

1,000
Hearts



Schedule your yearly physical with your primary care provider

You'll automatically earn credits for completing your routine annual exam.

2,500
Hearts



Complete a biometric screening

Complete this health screening through the Quest Diagnostics Worksite Wellness program or other screening program at your workplace. Then self-report your screening results on the **Discover a Healthier You** well-being portal.

Watch for more information on screenings at your location.

2,500
Hearts



Complete 5,000 steps (or 30 minutes of physical activity) per day for 50 days in a quarter

Sync your device or app to the platform to begin tracking your steps. You can use Fitbit®, Garmin®, iHealth, Strava, Runkeeper and others. The full list of devices is on the well-being portal.

1,000
Hearts

2,500
Hearts

2,500
Hearts



Schedule preventive screenings

You'll automatically earn credits when you get a routine mammogram, colonoscopy or Pap test. Screenings done to diagnose a condition aren't eligible for credits.

**2,500 Hearts per screening



Complete your online health assessment

Log in at **Aetna.com**.



Give yourself some credit



Get started and redeem rewards with the Aetna® Well-Being Rewards program

1. Log in to your Aetna member website at **Aetna.com**.
2. Under the **Health & Wellness** tab, select **Go to Health & Wellness**.
3. Under **Wellness Tools**, within the “Discover a Healthier You” box, select **Explore Resources** at the bottom.

Complete your healthy actions between January 1–December 31

You need to earn a minimum of 10 hearts in wellness credits to redeem a gift card. Then you can redeem gift cards above \$10 in increments of \$5 up to \$50 (\$10, \$15, \$20, \$25, \$30, \$35, \$40, \$45, \$50).

Rewards don't roll over to the following year, so be sure to redeem your gift cards by December 31.

Quit smoking and earn a wellness credit

When you complete a statement verifying that you don't use tobacco, you'll earn a wellness credit. Use it to lower your medical coverage costs.

If you're looking for help to quit or cut back on tobacco, nicotine, alcohol or opioids this year, try the no-cost virtual program from Pelago. Designed to help you make long-term changes that last, Pelago offers:

- Personal, private support
- Expert coaches and counselors to guide you
- Complementary tools to track your progress
- Medication-assisted treatment, as needed
- An online library full of education on quitting and coping techniques

If you're enrolled in a Huber medical plan, Pelago is available to you and your covered dependents.



Enroll today at no cost to you. Scan the code or go to **Pelago.Health/huber**.

Questions? Contact Pelago at **1-877-349-7755** or **Members@PelagoHealth.com**.

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