

Do something good for your health — and your wallet

You and your covered spouse can each earn up to \$50 in gift cards through the Aetna® Well-Being Rewards program.



Get vaccinated



Complete 5,000 steps

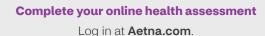
(or 30 minutes of physical activity)
per day for 50 days in a quarter
Sync your device or app to the
platform to begin tracking your steps.
You can use Fitbit®, Garmin®, iHealth,
Strava, Runkeeper and others. The
full list of devices is on the
well-being portal.



Schedule your yearly physical with your primary care provider

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







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.



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.

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 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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