



**Earn up to  
\$375  
per year!\***

# 2023 LifeStyles Rewards

Team members (TM) and spouses (S) enrolled in the TriHealth medical plan are eligible to complete rewards. Team members may earn up to \$375 total, and spouses can earn up to \$100 total by completing wellbeing actions. Collect rewards once you've completed all actions labeled "Priority."

**Complete any of these measures to earn HSA/HRA contributions for 2024:**

	<b>TM</b>	<b>S</b>
Complete an annual physical exam and biometric screening	\$125	\$25
Complete a SelfCare program	\$200	\$50
Complete a Wellbeing Navigator session	\$50	\$25

**Complete by  
Dec. 31, 2023**

**Choose from any of the wellbeing activities on the following page to earn your incentive.**

\*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellbeing program are available to all team members enrolled in a TriHealth medical plan. If you think you might be unable to meet a standard for a reward under this wellbeing program, you might qualify for an opportunity to earn the same reward by different means. Contact the LifeStyles Team at **513-346-5140**, and we will work with you (and, if you wish, with your doctor) to find a wellbeing program with the same reward that is right for you in light of your health status.



# Wellbeing Measures:

	Actions:	Description:
<b>Annual physical and biometric screening</b>	Annual physical	Submit proof of your annual physical with your primary care provider using the attestation form on the LifeStyles Wellbeing platform. You don't need to wait 365+ days since your last physical! TriHealth medical plans cover you once per benefits (calendar) year.
	Biometric screening	Self-submit using the Biometric Data Survey on the LifeStyles Wellbeing platform. The following eight items are required to earn credit: blood pressure, glucose, total cholesterol, LDL, HDL, triglycerides, height and weight.
<b>Wellbeing Navigator Session</b>	Navigator session	Schedule a one-time telephone session with a Wellbeing Navigator to discuss your individual strengths, needs and overall goals. Goals can be related to any area of wellbeing, whether it's physical, mental, social, or financial wellbeing. Go to the LifeStyles Wellbeing Platform and click <b>Wellbeing Navigator Session</b> on your <b>Rewards</b> page to schedule your session.
<b>Self-Care Program</b>	Improving nutrition	Based on your goals or interests, select the LifeStyles self-care program that best suits you. If you are unsure of what program you would like to complete, your LifeStyles Wellbeing Navigator can make some suggestions. Credit will be awarded upon completion of your chosen program. A comprehensive list of programs can be found by going to the <b>Benefits</b> page on the wellbeing platform and clicking <b>Self-Care Programs</b> .
	Improving sleep	
	Increasing exercise	
	Reducing stress	
	Weight management	
	Chronic condition management	
	Tobacco cessation	

## LifeStyles contact info:



Phone:

513-346-5140



Email:

[lifestyles@trihealth.com](mailto:lifestyles@trihealth.com)



Fax:

513-852-7441

### Who's eligible?

Team members and spouses enrolled in the TriHealth Medical Plan can earn rewards each year by participating in the LifeStyles program!



Get the mobile app or visit:

[join.virginpulse.com/trihealth](http://join.virginpulse.com/trihealth)

