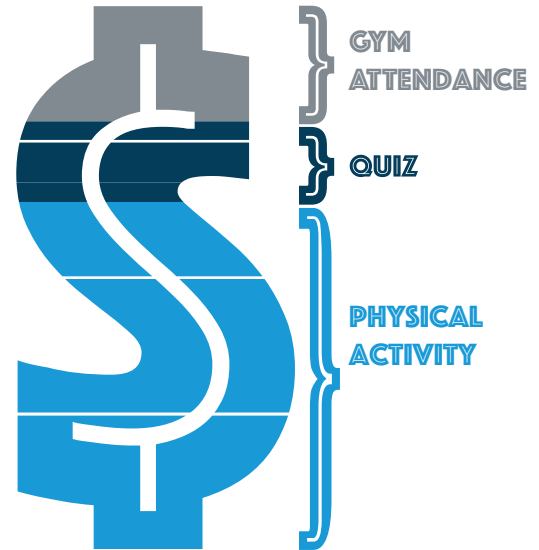


Earn up to 130 Wellness Bucks

Wellness Bucks equate to real dollars added to HopeHealth paychecks - up to \$130 per month, \$1,560 each year - to help offset the costs of health insurance and gym membership.

The Wellness Bucks are earned by meeting physical activity hurdles, attending select gyms 12 times in a month, and successfully completing the monthly wellness quiz.

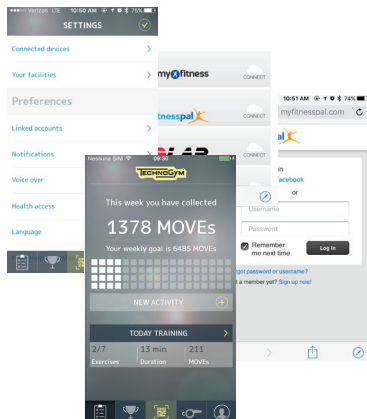
Earned funds are added to paychecks before taxes are deducted so there is no additional IRS paperwork at the end of the year.



Physical Activity

up to 75 Wellness Bucks

Use an activity tracker, such as a HopeHealth Garmin-Vivoki, Fitbit, or other tracking device worn throughout the day, to track your physical activity. Connect your device profile with the Mywellness mobile app and your data will automatically update when you sync your device daily. The Mywellness app is available for Android, iPhone, and Apple Watch, or users can visit mywellness.com to connect.



Earning Wellness Bucks through movement

Achieve monthly hurdles with MOVES - a measure of daily activity based on the frequency and speed of activity. Each hurdle surpassed earns an additional 25 Wellness Bucks for a maximum \$75 payout.

Highest Hurdle Achieved	Award
1 - Sedentary - 10,812 moves	\$25
2 - Moderately Active - 16,228 moves	\$50
3 - Active - 21,645 moves	\$75

Gym Attendance

30 Wellness Bucks

Workout at an approved gym 12 times in a month and submit your attendance record to earn 30 Wellness Bucks to offset the cost of membership.

Wellness Quizzes

25 Wellness Bucks

Each month health and wellness information and a short quiz are emailed to all employees. Often these include brief videos. View the information and take the quiz during non work hours. A score of 70 percent or better earns 25 Wellness Bucks.