



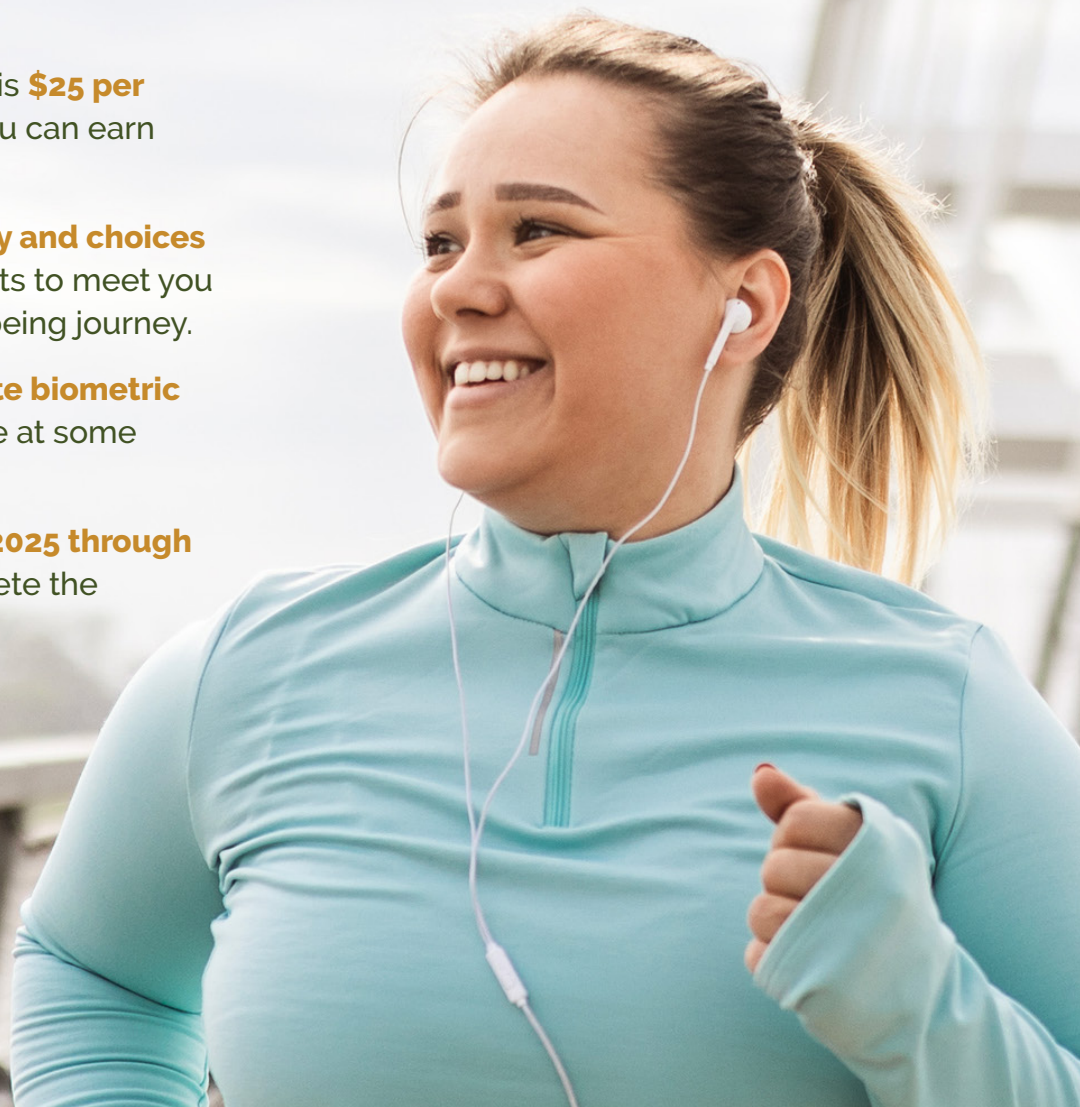
SPRINGPOINT *Wellness Program*

Want to earn a reduction on your medical premiums? Participate in the Springpoint Wellness Program and save in 2026!

2026 Wellness Rewards

PROGRAM DETAILS

- The participation incentive is **\$25 per paycheck** — that means you can earn **\$650 in 2026!**
- We are adding more **variety and choices** to the program requirements to meet you where you are in your wellbeing journey.
- For your convenience, **onsite biometric screenings** will be available at some communities.
- You will have from **April 1, 2025 through October 31, 2025** to complete the program requirements.



Keep reading to learn how you can earn \$650 in 2026!

Wellness Rewards

Please see the following pages for more details about these requirements.

Earn an incentive on your medical premiums in 2026!

Benefits-eligible employees who are enrolled in a Springpoint medical plan can earn **\$650** (\$25 per pay) in 2026. Simply complete the Wellness Program requirements by **October 31, 2025** to earn your incentive.

The following requirements must be completed to earn your incentive:

1. You **MUST** complete an Annual Physical or Annual OBGYN Screening (see next page for details) between November 1, 2024 and October 31, 2025)* **AND**
2. Complete **three** of the options from the chart below:

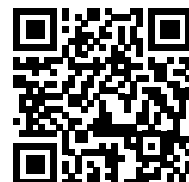
Choose <u>three</u> of the following options:	
✓	Complete a biometric screening at one of our Springpoint communities or by reaching out to MyQuestforHealth.com .**
✓	Complete an online health risk assessment.
✓	Complete four Aetna Lifestyle and Condition Coaching (LCC) calls with an Aetna coach.
✓	Complete two Utopia WellCare calls with a nutritionist.
✓	Complete one of the following Wellbeats programs: • Figuring out Your Finances • Rest & Restore • Get Strong • Food & Mood • Create Your Calm
✓	Have a mammogram screening*.
✓	Have a colonoscopy performed*.
✓	Have a dental exam*.
✓	Complete your choice of activities in the Aetna Health and Wellness section using Pathways and Explore and earn 10,000 ♥'s. (Added bonus: receive a \$100 gift card from Aetna once you reach 10,000 ♥'s).

* Must be on Springpoint Aetna medical/dental plan to receive credit.

** Only screenings completed through the MyQuestforHealth.com website or one of our Springpoint community onsite events will be accepted to quality for the credit.

Visit BenePortal!

Visit BenePortal to review additional important wellness info to help you successfully complete these program requirements. Scan the QR code or visit **www.springpointbenefits.com**.



Biometric Screening*

Biometric screenings give you a clear picture of your health. The biometric screening will be a non-fasting venipuncture, evaluating your total cholesterol, HDL, total cholesterol/HDL ratio, Hemoglobin A1c, LDL, TSH (thyroid functioning test), height, weight, blood pressure, waist circumference, and body mass index (BMI).

You can get a biometric screening in one of two ways:

- **Onsite:** Join us at an onsite event (times/dates below)
- **Quest Location:** Visit a participating Quest Patient Service Center (PSC) location

* To receive credit for the biometric screening, the screening must be completed through **My.QuestforHealth** registration or a Springpoint Biometric Event.

Getting Started

To schedule your onsite biometric screening or register to visit a Quest PSC, go to **My.QuestForHealth.com** starting on April 1, 2025. Use registration key: **Springpoint25**

For support, contact the Health & Wellness Service Center via email at **Wellness@QuestDiagnostics.com** or by phone at **855.623.9355**.

LOCATION	EVENT DATE	TIME	REGISTRATION CLOSES
Crestwood Manor	Tuesday, May 6, 2025	8:00 AM – 3:00 PM	April 22, 2025
Monroe Village	Wednesday, May 7, 2025	7:00 AM – 1:00 PM	April 23, 2025
Oaks at Denville	Wednesday, May 7, 2025	8:00 AM – 3:00 PM	April 23, 2025
Village Point	Friday, May 9, 2025	7:00 AM – 1:00 PM	April 25, 2025
Meadow Lakes	Friday, May 9, 2025	8:00 AM – 3:00 PM	April 25, 2025
Home Office	Tuesday, May 13, 2025	9:00 AM – 3:00 PM	April 29, 2025
Stonebridge Montgomery	Tuesday, May 20, 2025	11:00 AM – 4:00 PM	May 6, 2025

Annual Physical or Preventive Screenings

Your annual physical and preventive screenings are an important way to take great care of your health. If you complete one or more of the exams listed below between November 1, 2024 – October 31, 2025, each will count toward your wellness credit.

- **REQUIRED:** Routine annual physical exam or annual OBGYN screening
- Mammogram
- Colonoscopy
- Preventive dental exam



The following activities count toward your wellness program requirements:

Wellbeats Wellness Program

Complete a Wellbeats Program, a **structured playlist of classes and activities**, to help you earn your 2026 wellness credit. You can choose from programs like Stress Less, Supportive Foods, and more! Log onto Wellbeats via **portal.wellbeats.com** or via the **Wellbeats app** for more details or to register for a program or webinar.

Need help?

Contact **support@wellbeats.com**

NEW! *Aetna Health Your Way Achieve Program*[™]

As part of Aetna Health Your Way[™] you have access to a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn rewards every year. So it makes it easier to stay on track and reach your goals.

Earn Additional Wellbeing Rewards

If you are on the Aetna Medical plan, you have the ability to earn up to **\$100 per plan year** in electronic gift cards by completing well-being activities. When you complete an activity, you will earn hearts which are redeemable for gift cards in the **Aetna Reward Center**. Every \$2,000 hearts is \$20 for a maximum of 10,000 hearts or \$100 per year.

Additional Resources

Additional resources through the Achieve Program are available to you as well. You have access to things like telephonic or group coaching sessions, additional resources and webinars, and more. Explore what works best for you!

Ready to Join?

Sign in at **Aetna.com** and scroll to Well-being resources and select "**Aetna Health Your Way**." You can also download the MyActiveHealth Wellness app.



Utopia WellCare

Utopia WellCare is a functional nutrition resource that helps you develop a better overall relationship with your health via comprehensive functional nutrition services provided by board-certified registered dietitians.

For more details e-mail: **info@utiopiawellcare.com** or visit **www.utiopiawellcare.com**.



If you have any questions regarding the wellness credit, please contact your local HR Representative.