

HEALTH & WELLBEING

Monthly Features!



Springpoint is committed to the health and well-being of our valued employees! We seek to offer wellness programs to help you live a healthy lifestyle and make the most of the resources available to you.

In this spirit, for the remainder of the year we will be featuring a program, benefit, or resource each month, and encourage you to get familiar with and take advantage of as many as you can. Each month's feature will include a raffle for our benefits-eligible population. Please see our monthly schedule below to learn how you can take action and become eligible for a reward.

Month	Monthly Featured Program	Action Steps	Action Dates	Winners Announced
April	Wellbeats Wellness Webinar	Attend the Springpoint Wellbeats Webinar that includes an overview of the 2026 wellness program and be entered into a raffle to win a Garmin watch. April 2, 11:30 am.	April 2, 2025	April 2025
April	Health Risk Assessment	Complete your Health Risk Assessment on Aetna's website to be entered into a raffle to win a Stanley insulated tumbler. (5 winners + Bonus earn 1,000 ♥'s towards your Health Your Way Rewards and your Springpoint 2026 premium discount incentive)	April 1 – 30, 2025	May 2025
May	Biometric Screening	Complete your Biometric Screening at a community or a Quest center to be entered into a raffle to win a Bluetooth speaker. (5 winners)	April 1 – October 31, 2025	June 2025
June	Wellbeats Webinar	Complete Welcome to "Wellbeats Wellness Webinar" scheduled the second Wednesday, of every month at 1 pm and be entered into a raffle to win a Ninja Bullet. (3 winners)	June 2025	July 2025
July	Empower Webinar	Complete the Empower Webinar that includes information specific to the Springpoint 401(k) plan and be entered into a raffle to win a Garmin Watch. (1 winner)	July – August 2025	August 2025
August	Aetna Healthy Lifestyle Coaching	Complete at least 4 telephonic sessions with an Aetna Healthy Lifestyle Wellness Coach between 1/1/2025 - 8/31/2025 to be entered into a raffle to win a pair of Beats. (2 winners + Bonus earn 250 ♥'s for each visit towards your Health Your Way Rewards and your Springpoint 2026 premium discount incentive)	January 1 – August 31, 2025	September 2025
September	Aetna Achieve Webinar	Complete an Aetna Webinar in the Explorer section of health and wellness and be entered into a raffle to win a Ninja Bullet. (2 winners + Bonus earn 100 ♥'s towards your Health Your Way Rewards and your Springpoint 2026 premium discount incentive)	September 1 – 30, 2025	October 2025
October	Utopia WellCare	Complete two Utopia Wellcare calls with a nutritionist between 1/1/2025-10/31/2025 to be entered to win a Ninja Creami. (2 winners)	January 1 – October 31, 2025	November 2025
November	Wellbeats Quarterly Campaign	Complete the Wellbeats Campaign on Sleep and be entered into a raffle to win a Bluetooth speaker. (5 Winners)	November 1 – 30, 2025	December 2024
December	Aetna Pathways and Explore	Earn 10,000 ♥'s by participating in Aetna Pathways and Explorer activities. (Added bonus: receive a \$100 gift card from Health Your Way Wellbeing Program) and be entered into a raffle to win an Apple watch. (2 winners)	January 1 – December 31, 2025	January 2026

* To participate in the June and November raffles, please be sure to log into Wellbeats through the Wellbeats app or by visiting portal.wellbeats.com. For first time users:

- Username: "springpoint" + employee ID (Example: *springpoint01234*)
- Password: springpointwellbeats

If you have any questions, please contact your local Human Resources Representative.