



SPRINGPOINT *Wellness Program*

Want to earn a reduction on your medical premiums? Participate in the Springpoint Wellness Program and save in 2027!

2027 Wellness Rewards

PROGRAM DETAILS

- The wellness incentive has been increased to **\$30 per pay (\$780 annually) in 2027!**
- 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.
- All wellness program requirements must be completed by **October 30, 2026** to qualify for the wellness credit.



Keep reading to learn how you can earn \$780 in 2027!

Wellness Rewards

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

Earn an incentive on your medical premiums in 2027!

Benefits-eligible employees who are enrolled in a Springpoint medical plan can earn **\$780** (\$30 per pay) in 2027. Simply complete the Wellness Program requirements by **October 30, 2026** 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, 2025 and October 30, 2026* **AND**
2. Complete **three** of the options from the chart below:

Choose three of the following options:

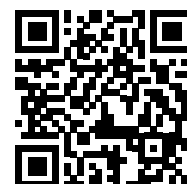
- | | |
|---|--|
| ✓ | Complete a biometric screening at one of our Springpoint communities or by reaching out to MyQuestforHealth.com . ^{**} |
| ✓ | Complete an online health risk assessment. |
| ✓ | Complete four Aetna Healthy Coaching Calls with an Aetna coach. |
| ✓ | Complete/Submit 8 months of Fitness Reimbursement with Husk. |
| ✓ | Have a vision exam*. |
| ✓ | Have a mammogram screening*. |
| ✓ | Have a colonoscopy performed*. |
| ✓ | Have a dental exam*. |

* Must be on Springpoint Aetna medical/dental plan and/or the Davis Vision 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. To access the BenePortal, scan the QR code.



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, 2026. Use registration key: **Springpoint26**

For support, contact the Health & Wellness Service Center via email at **Wellness@QuestDiagnostics.com** or by phone at **1.855.623.9355**.

LOCATION	EVENT DATE	TIME	REGISTRATION CLOSES
Stonebridge Montgomery	Wednesday, May 6, 2026	8:00 AM – 3:00 PM	May 5, 2026
Village Point	Thursday, May 7, 2026	7:00 AM – 1:00 PM	May 6, 2026
Crestwood Manor	Thursday, May 7, 2026	8:00 AM – 3:00 PM	May 6, 2026
Home Office	Tuesday, May 12, 2026	9:00 AM – 3:00 PM	May 11, 2026

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, 2025 – October 30, 2026, each will count toward your wellness credit.

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



The following activities count toward your wellness program requirements:

NEW! *Fitness Reimbursement with Husk*

Submit 8 months of Fitness Reimbursement with Husk to help you earn your 2027 wellness credit. To earn fitness reimbursement, submit 12 workouts per month. Workouts may include any combination of the following:

- Gym or Fitness Center visits
- Home workouts via a virtual app
- Proof of achieving 10k steps a day

Ready to get started?

For support, call **800.585.9990**, or email support@huskwellness.com.

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** from Aetna 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, 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@utopiawellcare.com or visit www.utopiawellcare.com.



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