



Be the healthiest you

Save 10% on your 2023 medical premiums or receive contributions to your health savings account if you:

Complete the **two required activities** AND -
Earn at least 85 points by August 31, 2022.

Activities	Action(s) to Earn Points	Points/Max. ✓
Healthy Actions		
Personal Health Profile (PHP)	Go to HealthAdvocate.com/Devereux to complete your PHP.	Required
Tobacco Status	Certify that you're tobacco-free using the online Tobacco Affidavit or complete the Health Advocate Tobacco Cessation Program – online or with a Wellness Coach.	Required
Healthy Behavior Tracking	<ul style="list-style-type: none"> • Log 150 minutes of time exercised (5 points/week) • Weight (1 point/week) • Distance exercised (1 point/week) • 7-9 hours of sleep (1 point/day) • 64 ounces of water (1 point/day) • 5 or more servings of fruits and vegetables (1 point/day) 	25 max per tracker
Devereux Challenges	Participate in a well-being challenge and track your activity each week to earn points.	10/20
Wellness Events	To earn points, report your participation in a Center Wellness Event.	10/20
Wellness Workshops	Participate in online, self-paced workshops on a variety of wellness topics. You must complete all chapters to earn points.	25/75
Wellness Coaching	Get personal support from Wellness Coach! Complete six sessions over three or more months to earn your points.	35/35
Don't Weight, Make a Change Program	In this 12-week online program, learn tips, tricks and long-term strategies to help you not only lose weight, but also keep it off!	35/35
Tobacco Cessation Program	Earn points by completing at least 8 weekly sessions.	35/35
Preventive Care Exams*	Complete up to two of the following preventive exams between 10/1/2021 and 8/31/2022 to earn your points: <ul style="list-style-type: none"> • Annual Physical Exam/Well-Woman Visit • Diabetes or osteoporosis screening • Breast, cervical, colon or prostate screening 	5/10
Flu Shot*	Protect yourself and others by getting a flu shot.	10/10

If you think you could be unable to meet a standard for reward under the Wellness Program, you may qualify for an opportunity to earn the same reward by different means.



866.695.8622

Email: answers@HealthAdvocate.com



Web: HealthAdvocate.com/Devereux

Devereux
 ADVANCED BEHAVIORAL HEALTH

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