



## Healthy Stewards

Well-Being Rewards Guide  
2024

The Pension Boards United Church of Christ has partnered with Health Advocate to help you focus on your well-being—plus, you can earn a reward for your hard work!



Start date:  
**January 1, 2024**



**Complete activities**  
that will help you thrive



Deadline to earn points:  
**December 31, 2024**



Deadline to redeem points:  
**January 31, 2025**

### Well-Being Rewards Details

Earn a total of 500 points by completing the well-being activities outlined in this guide to receive up to \$500 reward dollars redeemable on Health Advocate's Rewards Mall. For every 100 points you reach, you will earn \$100 in reward dollars. You can redeem your earnings for e-gift cards, fitness gear and other healthy merchandise.

### Well-Being Rewards Program Eligibility

The Healthy Stewards Wellness Program is available to all members and spouses/partners enrolled under a Pension Boards medical plan. Both members and spouses can earn up to \$500 each.



**The Pension Boards**  
United Church of Christ, Inc.



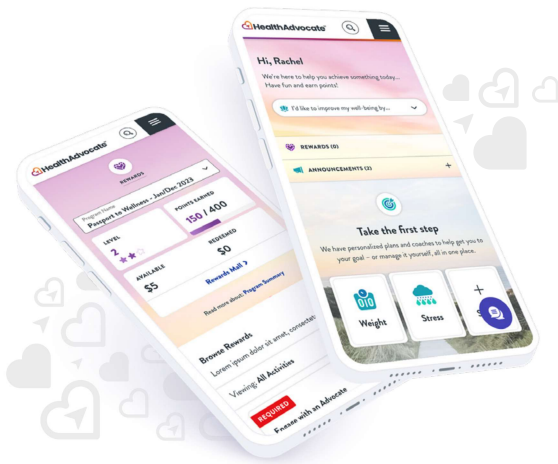


# Well-Being Your Way

Be Well | Be Balanced | Be Connected | Be Successful

## Earn up to \$500 in 2024!

Complete your choice of well-being activities listed in this guide and outlined on the online “Rewards” page to earn points. Earn \$100 for every 100 points earned, up to \$500 for 500 total points.



### Get Started!

Review the full program details, plus access activities, track your points and progress, view curated health information and more through Health Advocate’s member platform.

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)



| Activity                            | Points/Max. |
|-------------------------------------|-------------|
| Health Screening                    | 100/100     |
| Personal Health Profile (PHP)       | 50/50       |
| Health Outcomes and/or Improvements | 10/50       |
| Personal Pathfinder                 | 5/20        |
| Learning Center                     | 5/50        |
| Health Education Session            | 25/25       |
| 3-Session Coaching Program          | 75/150      |
| Quit Tobacco Program                | 100/100     |
| Preventive Care Exams               | 50/150      |
| Flu Shot                            | 25/25       |
| Adult Immunizations                 | 10/50       |
| Personal Challenges                 | 10/50       |
| PBUCC Organization Challenges       | 25/100      |
| Well-Being Workshops                | 25/100      |
| Personal Pathways                   | 75/150      |
| Local Fitness and Community Events  | 25/25       |
| Financial Wellness Education        | 25/25       |
| Be Human Commitment                 | 10/10       |
| PTO for Self-Care Commitment        | 10/20       |
| Health Trackers                     | 100 max     |



## Building better habits helps you make meaningful healthy changes

Track healthy habits and meet the recommended goals to earn points.

Earn a maximum total of 100 points across all trackers.

| Be Well Trackers                             | Recommended Goal  | Points |
|--|---|--------|
| Fruits and Vegetables                        | Boost your nutrition by eating 5 or more servings daily   | 1      |
| Whole Grains                                 | Eat 3 or more servings of whole grains daily  | 1      |
| Sodium                                       | Strive for healthy blood pressure by keeping your intake to 2,500 mg or less daily                              | 1      |
| Water  | Stay hydrated by drinking 8 glasses (64 ounces) of water daily  | 1      |
| Distance Exercised                           | Log the distance you exercise daily   | 1      |
| Stretching                                   | Improve your flexibility by stretching for 10 or more minutes daily   | 1      |
| Physical Activity<br><i>Combined tracker</i> | Stay on your feet by taking 10,000 or more steps daily<br>Get fit by exercising for at least 150 minutes weekly | 1<br>5 |
| Weight                                       | Log your weight weekly  | 5      |
| Strength Training                            | Increase your strength by performing this activity 2 or more days weekly  | 5      |
| Be Balanced Trackers                         | Recommended Goal  | Points |
| Sleep  | Function your best by sleeping at least 7 hours each night  | 1      |
| Manage Stress                                | Perform one or more activities to relieve stress daily  | 1      |
| Meditation / Resilience                      | Perform one or more meditation or resilience activities daily   | 1      |
| Mood   | Track your mood daily   | 1      |
| Be Connected Trackers                        | Recommended Goal  | Points |
| Reduce Social Media                          | Spend less time on social media daily   | 1      |
| Charity Work                                 | Give back by volunteering your time at least once a month   | 10     |

*There are many other trackers available on the website for your use that are not incentive reward eligible.*

*Use trackers that help you with your personal goals.*



## Frequently Asked Questions

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### Q: How do I register for the Health Advocate platform?

**A:** Follow these simple steps to register:

1. Visit [HealthAdvocate.com/members](https://HealthAdvocate.com/members) or download the mobile app
2. Click on “Register Now”
3. Enter the required information, confirm your registration, then log in

### Q: What can I do on the Health Advocate app?

**A:** The Health Advocate app has all of the same tools and resources available on the website in a mobile-friendly version. It makes it easier to get healthy on the go and interact with Health Advocate wherever you are and whenever you want!

### Q: What if I am unable to fulfill a requirement of the reward program?

**A:** We are committed to helping you find your path to well-being and thrive. If you think you might be unable to meet a certain standard for points under this program, you may be able to earn the same points by a different means. Please contact Health Advocate for more information.

### Q: What are some well-being goals Health Advocate supports?

**A:** We can help you with a wide range of goals that fall under the four learning pillars of Be Connected, Be Balanced, Be Well, and Be Successful. We'll also help you find your personal path to well-being, discover what is important to you, and support you every step of the way throughout your wellness journey.

### Q: Are my rewards taxable?

**A:** Due to IRS rules, rewards are considered taxable income. They will be included on your W-2 and are subject to applicable payroll taxes such as federal, state, Social Security and Medicare taxes.

### Q: What other issues is Health Advocate able to assist me and my family with?

**A:** Health Advocate can help you and your family:

- Identify emotional and mental health issues and find strategies to cope through support from an EAP Professional
- Develop a plan to help you feel more balanced and in control
- Build skills to address a variety of emotional and mental health needs
- Locate the right support resources such as childcare, eldercare and more
- Connect with specialists for help with work/life balance, legal and financial issues

### Q: When is Health Advocate available?

**A:** Normal business hours are Monday - Friday, from 8 AM to 10 PM, ET. Wellness coaching is available weekdays from 8 AM to 9 PM, ET. Staff is available for assistance after hours and on weekends.

### Q: Will my information and interaction with Health Advocate remain private?

**A:** Yes. Your medical and personal information is kept strictly confidential. Our staff carefully follows protocols and complies with all government privacy standards.



**877.240.6863**

[answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)

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