



live on

How are your health and wellness goals shaping up?

To qualify for a reduction in your 2016 health plan out-of-pocket expenses, you must participate in the following between **July 1, 2015** and **September 30, 2015**:

Complete the Health Assessment

Complete the Biometric Screening and Nicotine Test

Agree to the Tobacco/Nicotine Pledge and complete all required action items

Agree to the Personal Health Plan Pledge and complete all required action items

It only takes a minute to log in!

To log in, go to **www.OnlifeHealth.com**.

Note: Employees are only required to participate in these actions to receive credit. Spouses are not required to participate for employees to be considered eligible for program completion.

If you are a returning user:

1. Enter your username and password used from your last visit in the boxes located at the left side of our homepage and click **LOGIN**.

If you are a new user:

1. Click **GET STARTED**, located on the left side of our homepage.
2. Enter your Keycode, **UAS**, and select **SUBMIT**.
3. Enter the prompted information to verify your identity and click **VERIFY**. You must scroll down to the bottom to agree to the User Agreement and select **CONTINUE**.
4. Complete the required fields and select **SAVE & CONTINUE** to proceed.

Having trouble? Call 1.877.369.0285 and press 1 for Participant Services.

Earn as many points as you can all year long

Activity	Point Value	Max Frequency	Yearly Max
Contact with a Health Coach	15	1/Month	180
Attend Worksite Health Event	50	4/Year	200
Meet a Health Coaching Program Goal	100	4/Year	400
Complete a Self-directed Course	100	4/Year	400
Track Your Progress	15	1/Week	600
Participate in Disease Management Engagement Program	100	4/Year	100
Accept Tobacco Attestation Pledge*	20	1/Year	20
Complete a Biometric Screening*	20	1/Year	20
Work with Primary Care Physician*	20	1/Year	20
Complete Preventive Screening - Doctor*	10	1/Year	10
Accept Health Pledge*	20	1/Year	20

*Must be completed between 7/1/2015 and 9/30/2015 to earn points. Tobacco points earned through tobacco/nicotine pledge in Health Assessment; Biometric Screening points earned through completing screening between 7/1/2015 – 9/30/2015; PCP earned through answering required Health Assessment question between 7/1/2015 – 9/30/2015; and Preventive Screening-Doctor points earned by agreeing to the Personal Health Action Pledge between 7/1/2015 – 9/30/2015.

Coming Soon: AlwaysOn™ Mobile Wellness App

Our new mobile app will allow you to:

- Connect with our expert health coaches through in-app secure messaging
- Use a click-to-call button to reach out to your coach
- Set up personal health goals and track your progress
- Take a health assessment

