

2021 Love Your Life What you need to know



- ✓ New partner: Bravo Wellness
- ✓ Simplified – One plan for the entire year
- ✓ Introducing Rollover Points
- ✓ \$100 Quarterly Wellness Credits Rewards continue

Register today at the Bravo portal:
www.bravowell.com/loveyourlife

Wellness Credits Activities

2021 Love Your Life (12/21/20 – 11/30/21)

Health Assessment | 25 pts

Personal Challenges: up to 5 | 25 pts each

Group Challenges: Once per quarter | 50 pts each

Q1: Renew You	1/11 – 2/6
Q2: Take 10 For Your Team	4/1 – 4/30
Q3: ARHS Cares	7/5 – 7/31
Q4: Energize	10/4 – 10/30

Online Health University Courses: Up to 2 | 50 pts each

Track 4,000 Activity Minutes OR 1,000,000 Steps | 100 pt

Annual Wellness Exam | 100 pts

Mammogram OR Colonoscopy | 50 pts

Principal Retirement Appointment | 50 pts

Earn Rewards!



You've enrolled in Love Your Life. GREAT! If you're on the health plan, you're already saving \$100/month on your premium.

But don't leave money behind: **ALL Love Your Life employees can earn up to \$400 per year in Wellness Credits.**

- When you earn 100 points within the quarter, you earn \$100 in Wellness Credits
- Unused or extra points will rollover to future quarter rewards
- Once per quarter, \$100 Wellness Credits will be rewarded for qualifying employees

Smart Tip! Plan Your Year in Rewards

Plan your wellness activities for \$100 quarterly rewards based on when or if you'll complete your:

- ✓ Annual Wellness/Physical Exam
- ✓ Mammogram OR Colonoscopy
- ✓ 1,000,000 step goal or exercise points
- ✓ Principal Retirement appointment



Use this worksheet guide to help you determine your points plan for 2021.

Goal: 100 Points Earned in the Quarter = \$100 in Wellness Credits	Points
When do you expect to have your annual physical ? This is your annual well-check (age/gender specific screenings). Enter into the appropriate quarter	100
Will you get a Mammogram OR Colonoscopy this year? If so, when do you expect to complete it? Enter into the appropriate quarter.	50
Principal Retirement: Will you meet with Principal to review your retirement? If so, when do you expect to complete it? Enter into the appropriate quarter.	50
Exercise/Activity: Enter your average daily steps OR exercise minutes : _____ For exercise minutes, when will you reach 4,000 minutes? _____ days, OR For daily steps, when will you reach 1,000,000 steps? _____ days Which quarter does it fall into? Enter into the appropriate quarter.	100
Now, plan the rest of your points according to the Activities Checklist including: Group Challenges (50 pts each), Individual Challenges (25 pts each), Online University (50 pts each), and Health Assessment completion (25 pts).	Up to 450

	Activity	Target Completion Date	Points
Quarter 1 12/21/2020 – 3/31/2021 100 pts = \$100			
	Total points in Quarter 1		

	Activity	Target Completion Date	Points	
Quarter 2 4/1/2021 – 6/30/2021 100 pts = \$100				
	Total NEW points in Quarter 2			
	Total Points from Quarter 1			
Year-to-date total				

	Activity	Target Completion Date	Points	
Quarter 3 7/1/2020 – 9/30/2021 100 pts = \$100				
	Total NEW points in Quarter 3			
	Total points from Q1 and Q2			
Year-to-date total				

	Activity	Target Completion Date	Points	
Quarter 4 10/1/2021– 11/30/2021 100 pts = \$100				
	Total NEW points in Quarter 4			
	Total points from Q1, Q2, and Q3			
Year-to-date total				