YOUDO YOUDO



YOUR 2022-2023

HEALTHYRETURNS PROGRAM GUIDE

All employees (regardless of medical coverage) and spouses/domestic partners enrolled in the Farm Credit Foundations Medical Plan are eligible to earn up to \$300* by completing these steps by **May 12, 2023**.

Step 1: Complete the Health Assessment* and earn 50 points.

Step 2: Complete Take Action activities to earn up to 300 points/\$300. For every 100 points you earn, you will earn \$100 (up to \$300) via your paycheck.

Visit **webmdhealth.com/healthyreturns** for descriptions and complete information about all activities.

TAKE ACTION ACTIVITY	POINTS
REQUIRED*: Health Assessment	50
Biometric Screening (four options)	150
Health Coaching	25 per call or Coach Chat, 100 max.
Positively Me (Weight Management Coaching)	25 per call, 150 max.
Group Coaching Classes	25 per session / 100 max.
Daily Habits	25 per plan completed, 100 max.
Challenges	
Invitational Challenge	75
Health for the Holidays Challenge	75
Renew Challenge	75
You Do You: Choose a Challenge	25 per monthly goal, 100 max.
SmartDollar	50
Quarterly Healthy Returns Webinar	25 per webinar, 75 max.
ConsumerMedical Webinar	25 per webinar, 75 max.
Company/Community Activity	25
Healthy Activity	25



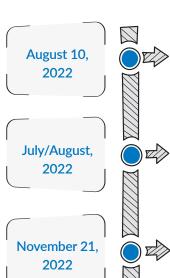
^{*}You must complete the Health Assessment to earn any incentives.





EARNING YOUR 300 POINTS: A snapshot of the year

Healthy Returns is offering plenty of fun, well-being-boosting activity options this year to help you earn points and rewards. This timeline offers a bird's eye view of what's planned throughout the year. We hope this helps you plan how and when to participate!



Register for the Invitational Challenge today!

The challenge runs from August 24 to September 27. Compete against your coworkers to see who can track the most steps over 5 weeks. It's fun, easy and it can help you achieve better health!

Onsite Screening event registration will start opening as soon as July 18, and more events will be added as we get closer to September.

Register for the Health for the Holidays Challenge today.

The challenge runs from November 28 through January 8. Have a healthier, happier holiday season with more energy and resilience.



Registration for the Renew Challenge starts today.

This challenge runs from February 27 to April 9. Learn practices to refresh your mind and body, clarify purpose and strengthen relationships.



This is your deadline to earn your \$300 incentive.

Don't leave money on the table!

NEW THIS YEAR! You Do You: Choose a Challenge

Track and work towards a goal in any one of the following health trackers during the months of July 2022, October 2022, January 2023 and April 2023 to earn 25 points that month:

- Diet
- Exercise minutes
- Stress

Download the Wellness At Your Side[™] mobile app!

With this WebMD app, you can access Healthy Returns no matter where you are.

Search for "Wellness At Your Side" in the App Store or on Google Play. Use Connection Code "HealthyReturns" (Note: the code is case sensitive).

