

# YOU DO YOU



## YOUR 2022-2023 HEALTHY RETURNS 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](http://webmdhealth.com/healthyreturns) for descriptions and complete information about all activities.

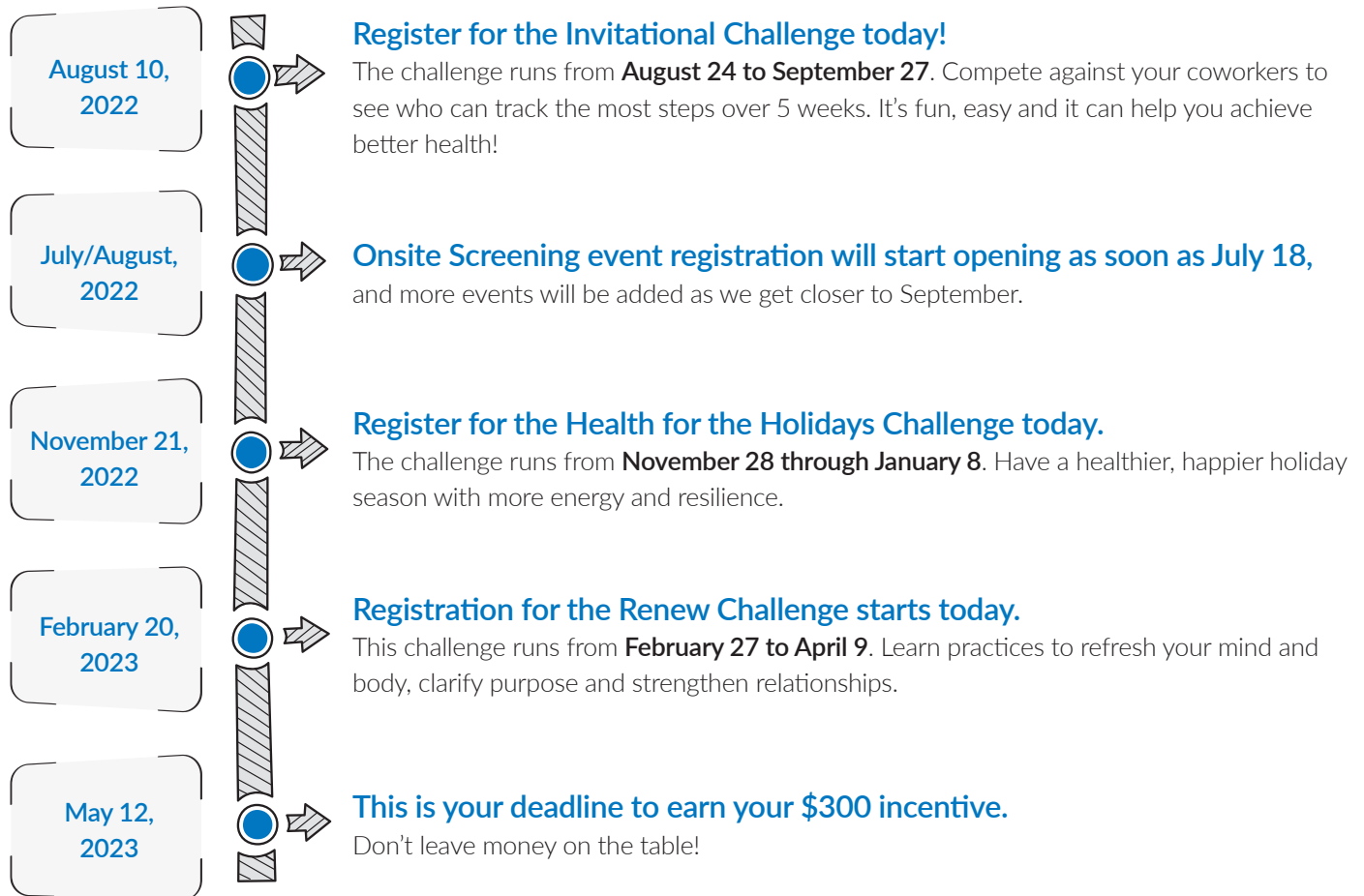
| TAKE ACTION ACTIVITY                       | POINTS                              |
|--|-------------------------------------|
| <b>REQUIRED*:</b> Health Assessment        | 50                                  |
| Biometric Screening (four options)         | 150                                 |
| Health 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.     |
| <b>Challenges</b>                          |                                     |
| 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 <i>HealthyReturns</i> 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

*HealthyReturns* 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!



## 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 *HealthyReturns* 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).

