

Earn up to \$100 per year in rewards!

In 2020, employees and spouses on the CIS Kaiser medical plan are eligible to **earn up to \$100** in Amazon.com* rewards for participating in our new BeyondWell wellness offering. This program combines wellness activities, goal setting, rewards and more into one place. The result is a truly personalized well-being experience that is tailored to your unique needs.



Get started today!

It's the new year and a new program, so let's get started! To get started with BeyondWell today, follow the 3 easy steps below:

1. Visit www.beyondwellhealth.com
2. Select Log In in the top right-hand corner
3. Register your account (your BeyondWell Invitation Code is CIS) and accept the Terms of Use.

We highly encourage you to start out your BeyondWell experience by completing the Health Assessment. The Health Assessment will take 15 minutes to complete and will personalize a well-being plan in the Journey section, just for you. You will also earn \$25 for completing this activity!

2020 Incentive Opportunities

\$5

Sync a device or app

Our new platform syncs with over 100 different devices. Earn this credit once per year.

\$1

Verified steps through device

When steps are logged from your synced device, you earn credit. \$1 per 10,000 steps.¹

\$15

Personal challenge

Challenge yourself to improve lifestyle habits and earn \$15 per challenge (up to \$30 annually).

\$20

Self-guided program

Participate in one of our six-week programs and earn \$20 per program (up to \$40 annually).

\$20

Dental exam

Complete a preventive dental exam and earn \$20 per visit (up to \$40 per year).²

\$20

Flu shot

Get your flu vaccination and earn \$20 once per year.²

\$25

Health assessment

The health assessment will help personalize your experience. Earn this incentive once per year.

BeyondWell app coming soon!

Mark your calendars. The BeyondWell app will be available mid-February!

1. \$1 per 10,000 steps; max \$2 daily. Steps will not carry over from day to day. Max \$25 per quarter for this activity.

2. For the Kaiser membership, we are still working with Kaiser to receive claims data. If the issues are resolved, the first file will be provided by Kaiser in July 2020 (we will backdate for activity in the first half of the year).

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