



Benefit Connections

YOUR BENEFITS, DISCOVERED

June/July 2017

INTRODUCING HUBBUB

Ready for something new? On July 1, 2017, your benefits package will include access to hubbub — an exciting, interactive wellness program that will help you build healthy habits gradually, resulting in major improvements in your wellbeing.

What is hubbub?

Wellness doesn't end at 5 p.m., so keep healthy habits top of mind with hubbub. You're invited to get a sneak peek at your new wellness program, with the following:

- Join challenges that fit your interests
- Sync your fitness devices (first sign-in to website; instructions below)
- Enter and track your biometrics
- Earn rewards, badges & level up
- Connect with coaches and fellow players

By using hubbub, we turn the things that we should be doing — like drinking more water or taking the stairs — into energizing, team-building challenges. It's all about progress, not perfection. Because there's more than one way to lose a pound, an inch or a nasty habit.

How do I get started?

Getting started with hubbub is as easy as 1-2-3

1. Create an account on regence.com. If you already have a regence.com account, sign in.
2. Click the "hubbub health" button on your CIS Health Manager by scrolling down to the bottom of the page
3. Follow the steps to create your hubbub account!

Mark your calendar!

You'll be eligible to earn incentives once hubbub officially launches on July 1! Promotions continue July 1 through Dec. 31, 2017 so once you earn your Starter Player Badge(s), go for your Pro-Player Badge for an additional \$25, then reach level 30 to receive a raffle entry for chance to win \$100 and an additional entry each time you level up by 5! Stay tuned to your company page on hubbub to learn more and get ready to make healthy habits, have fun, and get juicy rewards!

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Really set yourself up for success by installing the hubbub health app on your phone, it is available for both Apple and Android devices. Simply download the app and follow the instructions for signing in.

Need help during the sign-up process? Feel free to reach out to support@hubbubhealth.com for answers!

Get a head start on earning incentives!

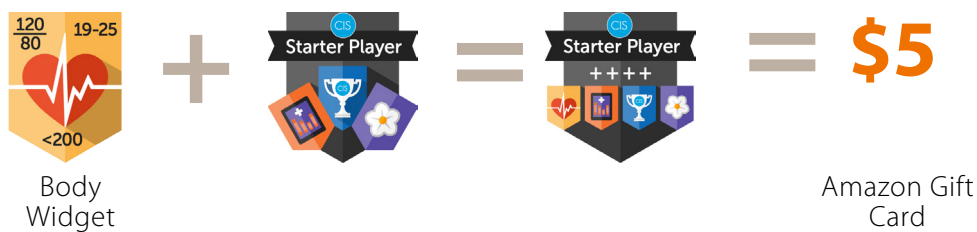
If you like the idea of getting paid to get healthier, you'll love this — CIS is offering you Amazon gift cards that can total up to \$50 during 2017 when you complete CIS challenges and other promoted activities.

Starter Player Rewards: Starting today, you can begin earning badges toward the Starter Player rewards! Just by creating your account, you will be rewarded with your very first badge. How easy is that?! Completing the hubbub360 questionnaire will get you your next badge, and after the program officially launches on July 1, you will be able to participate in the Wellness in Action challenge, earning you your third badge. Once you collect all three, you will also be collecting your "Starter Player" badge and first \$20 gift card!

It's simple, easy, and fun. Here is how it works:



For an additional \$5 reward, complete the hubbub body widget to earn yet another badge and the "Starter Player +" badge! Cha-ching!



Need another reason to try hubbub? Check out what Marsha has done in just two months!

Marsha, a CIS Member, signed up for hubbub to test it out in March and has already completed 143 challenges! Her favorite thing about hubbub is that it's fun, while still being practical and easy to use.

Want to learn more about how Marsha is incorporating these habits into her daily life and seeing results? Check out the News section by logging into hubbub today!

