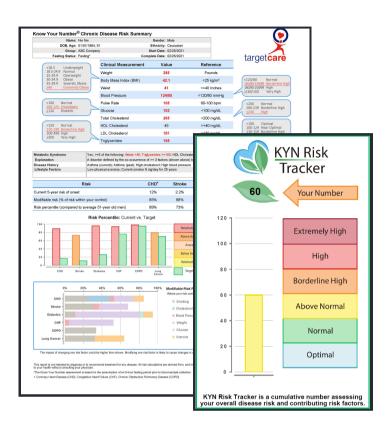
## TARGETCARE PROGRAM





p participate in your organizatio pur health insurance premiums)	n's Wellness Prop	raget Guic	```		
1. Complete the Clinical He	alth Assessmen	t and Face-to-Face Review which	Includes	:	
a. completing a health q b. having your height, w c. having your blood spe d. Face-to-Face CHA R		y of Woods precard Pro			targetcar
<ol> <li>You may also bring a c days. We will need meas Hemoglobin A1c.</li> <li>Depending on your Kn</li> </ol>	Target To earn \$75 p program (com	Care Baseline Pr er month towards health insurance pr plete CHA, Review, "Right on Target"	ogra emiums, e coaching,	m employees must co , and RAS goal).	mplete the baseline
you must participate in o a. Extremely High Risk (> four (4) weeks for assis factors. b. High Risk (81–100): It i	Additional Incentive Opportunities To earu yo to \$260 annually in gift cards through the rewards mail, employees must complete: Annual Transfactare Baseline Program • A combination of the following activities to earn \$1 per 1 point • Note: Ref-ver points are valid for up to one program year.				
<ul> <li>(8) weeks to discuss yo</li> <li>c.Borderline High Risk (6)</li> </ul>	Activity Type	Activity	Points	Frequency	How To Get Points
(8) weeks for at least th chronic diseases. d. Above Normal Risk (41- sixteen (16) weeks to d e. Optimal or Normal (0-4 provider. You are still e	Preventive Care (covered at 100% on your health plan) per age/gender	Annual Flu Shot     Colonoscopy     Mammogram or Prostate Exam     Cervical Cancer Screening     Dental Exam     Eve Exam	10 20 20 20 10	As Necessary	Employees will login to the TargetCare Health Portal (targetcarehealth.com or mobile app) to upload proc for all tests & exams.
A Along with remaining visits), omployees <u>must r</u> the wellness incentive, it alternative standard will it will be your personal resp recommended. Although these guidelines r appointment to see the Tart to your doctor, they are me.	TargetCare Wellness Activities	Watch the Welcome Video     Sync Your Device     Stap Quota     Exercise     Blood Drive     Compiles avail/run/triathion event     Educational Material (Learning     Center Video Saries)     Individual Challenges	4 2 4 4 4 10 8 10 2	One-Time One-Time Monthly Monthly Quarterly Twice Annually Quarterly Quarterly One-Time	Employees will login to the TargetCare Health Porta (targetcarehealth.com mobile app) to complete activities/earn points.
encourage you to continue t remains strictly confidentia	EDNUS Pointa (top 10 earmars)     Z     Quarterly      Ex. You care earn up to 40 points by participating in 40 quarterly instructure Challenges during the year, comprises et blood strives     top points, which her Welcomin Valkon or 10 points, quelt our 10 points, quelt our mammogram for 20 points, contraits 12 months of the step quelts for 48 points, get your mammogram for 20 points, contraits 12 months or the step quelts for 48 points, get your mammogram for 20 points, contraits 12 months and the other step quelts for 48 points, get your mammogram for 20 points, contraits 12 months or the step quelts for 48 points, get your mammogram for 20 points, contraits quelts out any quelter for 39 points, then would get you to yo				
	250-point annual g	ible for the above incentives,			

Participating in the TargetCare Baseline Program (CHA & ROT Coaching) can earn you an incentive towards health insurance premiums.

## **Clinical Health Assessment**

- Annual Clinical Health Assessments (CHA) utilize blood draws and biometric measurements to project personal health summaries.
- These individual reports are then reviewed with your TargetCare provider for targeting areas of improving overall health.

## **Right on Target Guidelines**

- After the CHA, your TargetCare provider will guide you through your "Right on Target" visits.
- Your TargetCare provider has the knowledge and tools that will assist you as you reach your health and wellness goals.
- Our clinical providers are experts in coaching on:
  - Lifestyle & Weight
     Management
- Hypertension
- Diabetes
- Disease Management
   Tobacco Cessation
- Stress & Anxiety
- And More!

## **Wellness Scorecard Activities**

- To earn up to \$250 annually in gift cards through the rewards mall, employees must (in addition to the Baseline Program) complete a combination of the scorecard activities including:
  - Participating in quarterly individual wellness challenges that focus on different wellness topics throughout the year.
  - Complete preventive screenings.
  - Track steps monthly.
  - o And much more!