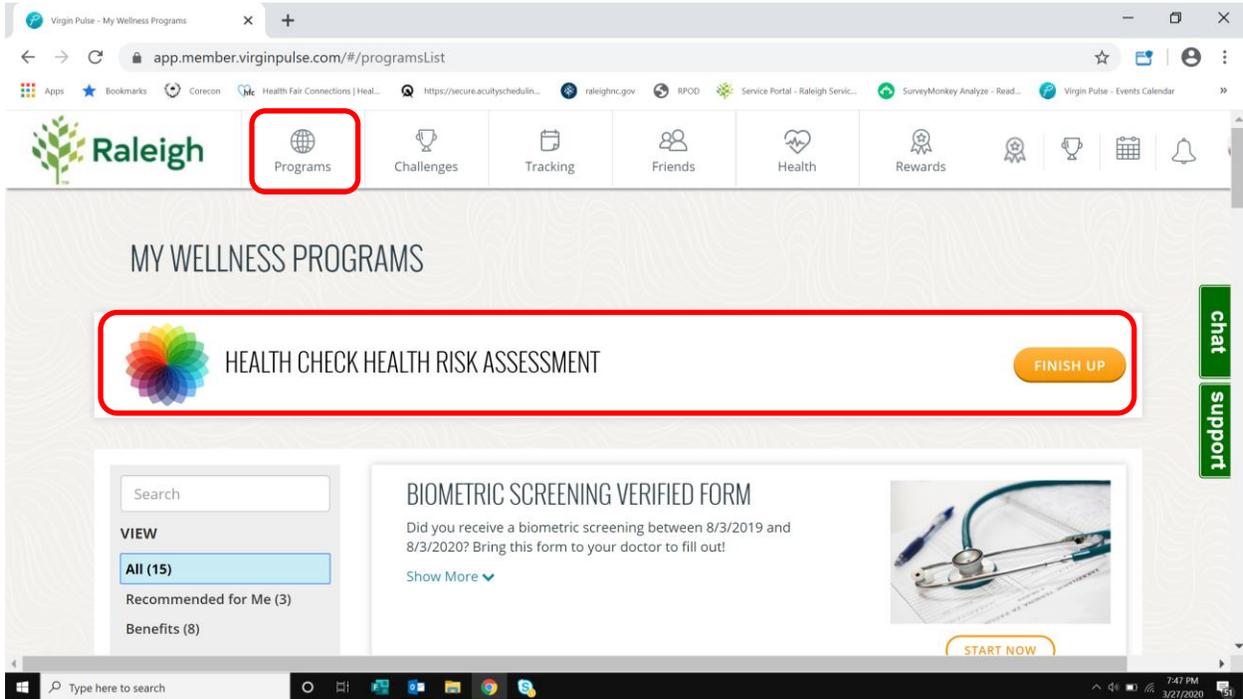


2020 Annual Wellness Assessment components with Virgin Pulse join.virginpulse.com/wellnessforlife:

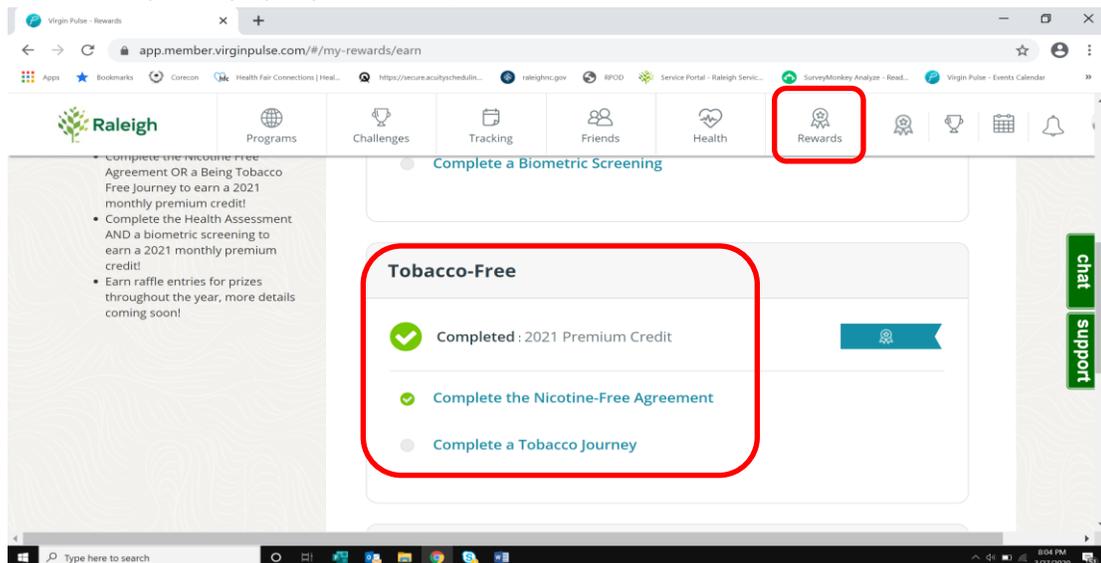
1. Complete the Health Risk Assessment:

The Health Risk Assessment is located on your personal dashboard. It can also be found under the Programs tab at the top of the page. The HRA must be completed by September 22, 2020.



2. Complete the Nicotine-Free Agreement or complete a Tobacco Journey:

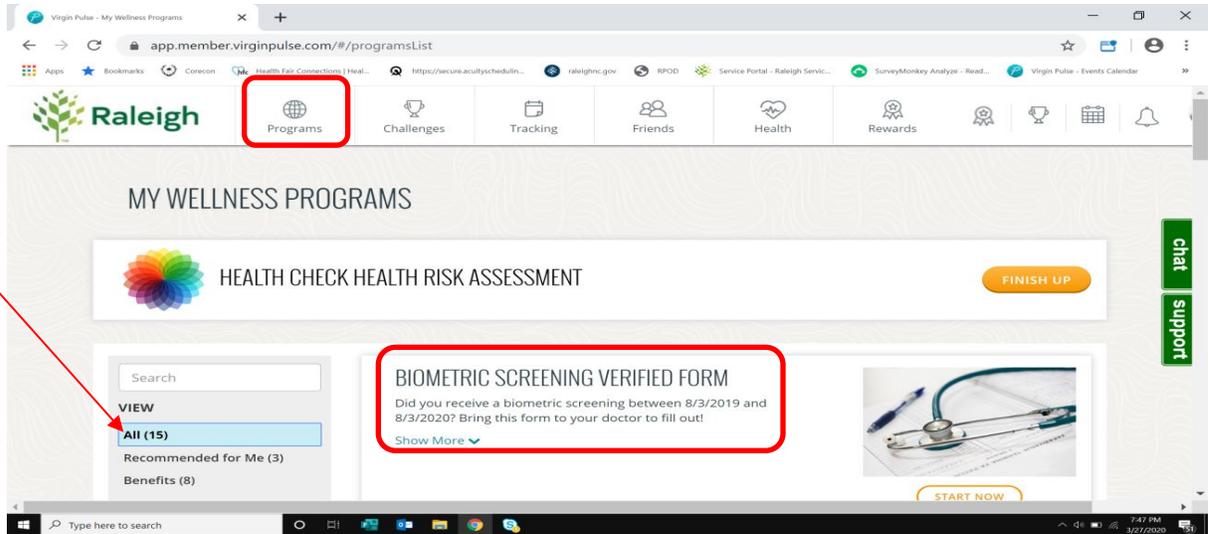
The Nicotine-Free Agreement or the Tobacco Journey is located under the Rewards tab. Scroll down to the Tobacco Free section to complete. Tobacco Journeys are an option for tobacco users who want to stop using tobacco in order to receive the premium discount. You only need to take one journey by September 22, 2020.



Questions? Contact support@virginpulse.com or 888-671-9395

3. Complete a biometric screening through two options:

1. Complete the Biometric Screening Verified Form with your Primary Care Provider (PCP). This form is located on the Programs page. Make sure to click View ALL (see arrow) to view the form. All biometrics must be performed with your PCP from August 3, 2019-September 22, 2020 to receive credit for participation. Instructions on how to securely submit your form are located at the top of the Biometric Screening Verified Form.
2. Complete an onsite biometric screening. The worksite Biometric Screening Schedule to schedule your onsite appointment will also be located on the Programs page.



4. View the status of your AWA components:

Go to the Rewards tab to view the completion status of your AWA components and to complete your Nicotine-Free Agreement or Tobacco Journey.

