



2020-2021

Publicis Benefits Connection Healthy Living Program

Healthy Living
GET CLOSER TO YOUR HEALTH

Live a Happier, Healthier Life ... and earn healthy reward points while you do it!

Our Publicis Benefits Connection (PBC) Healthy Living program rewards you for taking small steps that help you live a happier, healthier life. As you continue to take care of yourself, we will too. Our focus is helping you protect what is most important – your health and wellness. That’s why we’re offering up to \$300 healthy rewards this year to support you on your wellness journey. See below for more details.

STEP 1: Take the Personal Health Assessment (PHA) at webmdhealth.com/PBCHealthyLiving:

Your wellness journey starts with taking a Personal Health Assessment, which also earns you \$125 healthy rewards*. The deadline this year is December 31, 2020†, so don't wait to get started.

By completing the Personal Health Assessment, you will:

- Receive a comprehensive overview of your current health status
- Be able to monitor your health status over time
- Have access to health coaches who can help you with your wellness goals
- Receive concrete information that will prepare you for lifestyle changes

Step 2: Earn 60 Healthy Activity Reward Points by October 26, 2021, and earn an additional \$175*.



Complete 4 WebMD Health Coaching sessions
10 points per session (up to 4 times)



Achieve any My Health Assistant goal
10 points per goal (up to 4 times)



Complete any Health Topic Assessment monthly
5 points each (up to 6 times)



Track your exercise weekly
1 point per activity (up to 10 times)

QUESTIONS?

Call the PBC Healthy Living WebMD hotline at **1.877.830.0078** or visit: webmdhealth.com/PBCHealthyLiving

* Healthy rewards are subject to applicable taxes

† If you were hired on or after October 3, 2020, you have until June 30, 2021, to complete the PHA