

client communications toolkit





intro

Educating your employees about all the exciting features and benefits of your wellness program is the first step on the path to a healthier, more productive organization.

To ensure you and your program members get the most out of the wellness program, we've created a number of communication pieces that can be personalized with your company logo, program name, relevant dates, and other options.

Please review this guide and select which materials you would like to use. Our team will brand the materials for you to use during your program rollout.

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implementation/relaunch **connect flyer**

How to use:

The Connect™ flyer can be used to introduce some of the many features of the Connect wellness platform, and encourage members to download the SimplyWell® mobile app for their compatible Apple or Android device.

Who it's for:

All employees

SimplyWell **connect**

Transform your experience.

The Connect™ wellness platform brings together everything you need to begin your journey toward a healthier lifestyle.

Take your Member Health Assessment

Set and achieve health and wellness goals

Connect your supported apps and devices

Participate in challenges

Sign up for Biometric Screenings

Track your progress, and more

Earn badges for milestones and activities

ALSO AVAILABLE ON MOBILE!

Whether you're at work, home, or on the go, you can manage your well-being and enjoy all the features and functionality of Connect using your compatible Apple or Android device.

Download on the
App Store

ANDROID APP ON
Google play

Download the App: Click above or search "SimplyWell" on the App Store or Google Play.
Need help downloading or updating the app? Here are helpful links for [Apple](#) and [Android](#).

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implementation/relaunch **senior management letter**

How to use:

CEOs can send this letter to members of the executive team to build awareness of the wellness program and encourage them to promote the program internally.

Who it's for:

Senior management



<<Date>>

To: <<Company Name>> Management Team

The health and well-being of our employees is a top priority for <<Company Name>>. That's why we've partnered with SimplyWell®, a workplace wellness vendor, to implement a wellness program in <<year>> to help our team make healthy lifestyle changes and improve their health.

The success of this endeavor depends in large part on your support. With your help, we can encourage and motivate more employees to participate in the program and help us realize the benefits of a healthier workplace.

Our strategy with the program is to make employees more aware of their health, and to provide the tools, resources, and educational materials needed to build healthier habits over time.

Details on the program will be available soon. I'm looking forward to getting active and involved as we develop our culture of health, and I hope you are too. It's up to us to lead by example.

Kind regards,



SAMPLE

<<Name>>, <<CEO/Title>>



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implementation/relaunch

coming soon flyer

How to use:

The coming soon flyer can be used before the launch of the wellness program to give employees an idea of what to expect when the program launches and helps promote the launch date.

Who it's for:

All employees

company
LOGO
HERE

COMING SOON!

Your journey to well-being is getting ready to begin!

<<Company Name>> cares about your health and well-being. That's why we've partnered with SimplyWell®, a workplace wellness provider, to offer you the <<Program Name>> wellness program.

Beginning <<Date>>, all <<health plan-covered employees and spouses>> are eligible to sign up for the program and begin participating.

WELLNESS AWAITS

<<Program Name>> has a lot in store for you! Here's a snapshot:

- Get an analysis of your lifestyle habits and learn your risk level
- Learn about your overall health and take action toward a healthy lifestyle
- Set sustainable and realistic personal goals to work toward
- Participate in fun challenges, interact with co-workers, earn badges, and more
- Sync physical activity trackers and access health tools and educational resources

EXCITED?

So are we! Keep an eye out—more information about <<Program Name>> is coming soon!

NOTE: All programs are confidential and HIPAA-compliant. Any information shared with the SimplyWell team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

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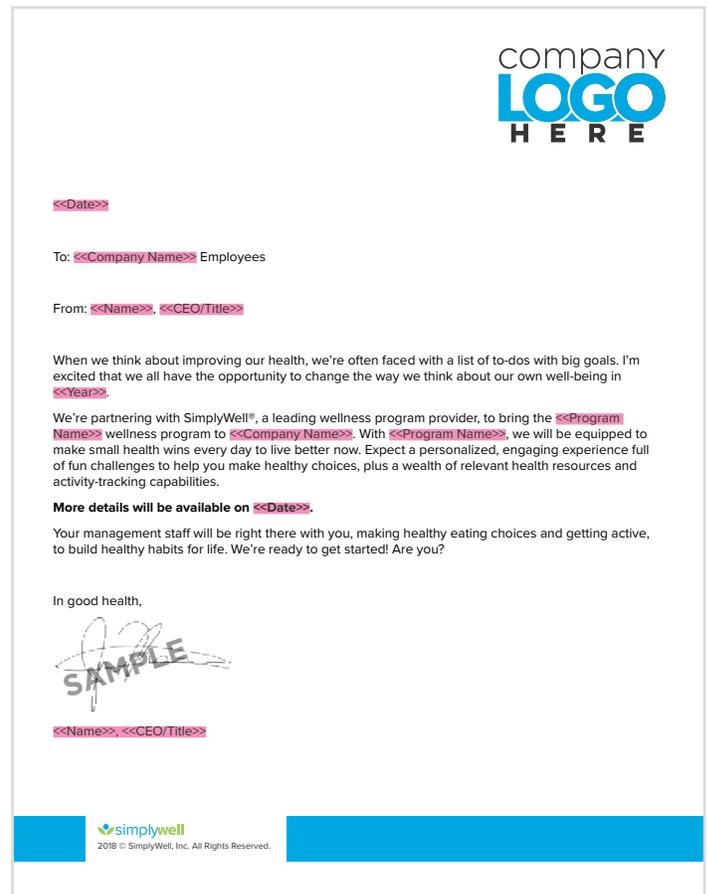
implementation/relaunch ceo letter

How to use:

CEOs can choose to send this letter to employees to build awareness of the wellness program, promote the launch date, and encourage them to participate.

Who it's for:

All employees



company
LOGO
H E R E

<<Date>>

To: <<Company Name>> Employees

From: <<Name>>, <<CEO/Title>>

When we think about improving our health, we're often faced with a list of to-dos with big goals. I'm excited that we all have the opportunity to change the way we think about our own well-being in <<Year>>.

We're partnering with SimplyWell®, a leading wellness program provider, to bring the <<Program Name>> wellness program to <<Company Name>>. With <<Program Name>>, we will be equipped to make small health wins every day to live better now. Expect a personalized, engaging experience full of fun challenges to help you make healthy choices, plus a wealth of relevant health resources and activity-tracking capabilities.

More details will be available on <<Date>>.

Your management staff will be right there with you, making healthy eating choices and getting active, to build healthy habits for life. We're ready to get started! Are you?

In good health,


SAMPLE

<<Name>>, <<CEO/Title>>


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implementation/relaunch highlights flyer

How to use:

The highlights flyer can be sent to all employees to provide a brief overview of the wellness program features. The flyer includes registration instructions, a brief description of program activities, and informs program members how to earn any incentives (if applicable).

Who it's for:

All employees

20XX WELLNESS PROGRAM

LIVE BETTER TODAY
 @Program Name@ will reward you for making healthy choices. Get the motivation you need to reach personal health goals along with the education and support to make wellness a lifestyle.

GETTING STARTED
 Start at @connectsimplywell.com@ or the SimplyWell app to see where your health stands and take action toward a healthy lifestyle.

WHO CAN PARTICIPATE?
 Beginning @date@, all @health plan-covered employees@ are eligible to log on to @connectsimplywell.com@ or the SimplyWell® app to start the program. Download the mobile app by searching "SimplyWell" in the App Store or Google Play.

MEMBER HEALTH ASSESSMENT (MHA)
 The MHA consists of questions about specific lifestyle habits. Your MHA responses are analyzed to show your risk level and generate a Health Index. You can complete your MHA at @connectsimplywell.com@ or the SimplyWell app.

BIOMETRIC SCREENING
 Biometric Screenings will be offered @date@ this year. These screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement. If you are unable to attend a Biometric Screening event, you may fulfill the screening requirement by @visiting your physician, visiting a Client Patient Service Center, visiting a LabCorp facility, or by completing an At-Home Test.

HOW TO REGISTER
 → Visit @connectsimplywell.com@ or the SimplyWell app
 → Select **Register**
 → Enter your last name and date of birth (DOB)
 → Enter your identifier: @program identifier@
 → Enter the registration code: @registration code@
 → Then follow the prompts to complete registration

SYNC YOUR DEVICE
 To sync your app or device, visit @connectsimplywell.com@.
 → Select the **Preferences** icon in the top right corner
 → Select **Apps & Devices**
 → Select the "M" icon
 → Follow the prompts to sync your app or device

EARNING INCENTIVES
 Earn credit for completing program activities in @Program Name@ and earn rewards. Manage all your program activities at @connectsimplywell.com@ or the SimplyWell app.
 @insert specific company incentive here (e.g., earn 300 points by @date@ to receive @XX reward@).

ADDITIONAL ACTIVITIES
 For more activities or support in your wellness program, you have plenty of available resources:
 → Register for any Employer Challenges @insert@ s hosting
 → Learn how to better manage your health with Featured Content, including educational articles and videos.
 → Participate in or start a Peer Challenge

CHALLENGES
 Challenges let you @insert@ in the program while managing risk factors or lifestyle changes. Sign up for Employer and Peer Challenges, log activity, and view your status from the **Well-being** section.

FREQUENTLY ASKED QUESTIONS
What is the SimplyWell Health Center?
 The SimplyWell Health Center is a health and wellness resource available to all SimplyWell members. It is staffed with a variety of highly trained customer care representatives, including certified Health Coaches.

Is my health information confidential?
 All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the SimplyWell team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

How do I contact the SimplyWell Health Center?
 You can send a secure message to your coach via your wellness website or the SimplyWell app.
 Or call toll free: 888-848-3723

What are the SimplyWell Health Center hours?
 → Monday – Thursday, 7 a.m. – 7:30 p.m. CT
 → Friday: 7 a.m. – 6 p.m. CT
 → Saturday – Sunday: Closed
 → Closed holidays

AWARENESS POINTS

Activity	Points
Biometric Screening	50
Member Health Assessment (MHA)	50

TOBACCO-FREE POINTS

Activity	Points
Self-Report Tobacco-Free / Negative Test OR Tobacco Reasonable Alternative Content	20 max

PREVENTIVE CARE COMPLIANCE POINTS

Activity	Points
Preventive Care Compliance	50

COACHING POINTS

Activity	Points
Coaching Sessions	20 max

CONDITION MANAGEMENT POINTS

Activity	Points
Care Plan Completion OR Care Plan Goal Set	20 max

ACTIVITIES POINTS

Activity	Points
Featured Content: Articles	5 each / 50 max
Featured Content: Videos	5 each / 50 max
Employer Challenges	20 each / 60 max
Peer Challenges	10 each / 30 max
1 Million Steps	20 each / 80 max
Healthy Exerts (60 max)	5 each / 15 max

PROGRAM NAME GOAL: 100 Points

simplywell • 888-848-3723 • @connectsimplywell.com@

implementation/relaunch program guide

How to use:

The program guide can be sent to introduce employees to the wellness program and provide a full overview of program activities. The program guide includes registration instructions, descriptions of program activities, relevant dates and deadlines, and informs program members how to earn any incentives (if applicable).

Who it's for:

All employees



Earning Incentives

Earn credit for completing program activities in «Program Name» and earn rewards. Manage all your program activities at «connect.simplywell.com» or the SimplyWell app.

«PROGRAM NAME»		
AWARENESS	POINTS	COMPLETE BY DATE
Biometric Screening	50	MM/DD/YYYY
Member Health Assessment (MHA)	50	MM/DD/YYYY
TOBACCO-FREE	POINTS	COMPLETE BY DATE
Self-Report Tobacco-Free / Negative Test OR Tobacco Reasonable Alternative Content	20 max	
PREVENTIVE CARE COMPLIANCE	POINTS	COMPLETE BY DATE
Preventive Care Compliance	50	
COACHING	POINTS	COMPLETE BY DATE
Coaching Sessions	20 max	
CONDITION MANAGEMENT	POINTS	COMPLETE BY DATE
Care Plan Classified Care Plan Enrolled	20 max	
ACTIVITIES	POINTS	COMPLETE BY DATE
Featured Content: Articles	5 each / 50 max	
Featured Content: Videos	5 each / 50 max	
Employer Challenges	20 each / 60 max	
Peer Challenges	10 each / 30 max	
1 Million Steps	20 each / 80 max	
Healthy Events (10 max)	5 each / 15 max	
«PROGRAM NAME» GOAL		100 Points

implementation/relaunch relaunch flyer

How to use:

This flyer can be used once the current program year has concluded to thank those who participated and announce the relaunch date of next year's program. It can also be used to promote the relaunch to new-hire employees.

Who it's for:

All employees

company
LOGO
HERE

READY TO CONTINUE YOUR PROGRESS?

Thank you to those of you who participated in the <Program Name> wellness program this year. It's been fun, and we hope the program has encouraged you to focus on your health and make progress toward your personal wellness goals.

But why stop now? <Program Name> returns <relaunch date>, and you can look forward to another year of fun and engaging activities to support you on your way to better health. If you're new to <Company Name> or didn't have a chance to participate last year, we look forward to welcoming you to <Program Name>.

Don't wait for <relaunch date>, register now at <connect.simplywell.com> and download the SimplyWell® mobile app for iOS and Android devices.

Note: All programs are confidential and HIPAA-compliant. Any information shared with the SimplyWell team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

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registration/privacy registration flyer

How to use:

The registration flyer includes basic instructions on how to register for the wellness program through the web portal and mobile app.

Who it's for:

First-time participants in the program



HOW TO REGISTER

Start your wellness journey today by creating an account on [connectsimplywell.com](#). When you take part in [Program Name](#), you're given the tools you need to live well—learn your Health Score, find room for improvement, and start taking steps toward better health today.

[Program Name](#) helps make wellness fun. When you register for the program, you can dive in and find resources to build healthy habits for a lifetime, or take part in challenges to compete against your co-workers. When you register, let us know how you'd like to receive notifications—you can even choose to receive text message reminders.

GETTING STARTED

- » Visit [connectsimplywell.com](#) or the SimplyWell® app
- » Click **Register**
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: [program identifier](#)
- » Enter the registration code: [registration code](#)
- » Follow the prompts to complete your registration

Questions?

Contact our wellness partner at 888-848-3723.

registration/privacy privacy flyer

How to use:

The privacy flyer addresses privacy concerns by reassuring eligible program participants that their personal health information is private and will not be shared with their employer.

Who it's for:

All employees



HOW PRIVATE IS MY HEALTH INFORMATION?

«Program Name» is an important part of our healthy culture at «Company Name». Wellness programs promote the health and well-being of employees, which requires Protected Health Information (PHI) to be shared.

The Health Insurance Portability and Accountability Act (HIPAA) defines PHI as any information about health status, provision of healthcare, or payment for healthcare that can be linked to a specific individual. SimplyWell®, «Company Name's» wellness program provider, takes the security of PHI very seriously, and complies with all HIPAA regulations.

SimplyWell properly safeguards and maintains the privacy of your PHI.



Questions?
Contact our wellness partner at 888-848-3723.

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registration/privacy

registration paycheck stuffer

How to use:

Registration paycheck stuffers can be used to inform participants why the wellness program is important, and provide registration instructions for the web portal and mobile app. They can be particularly useful to communicate to employees who may not have access to email or a computer.

Who it's for:

All employees

WELLNESS ANY TIME, ANYWHERE

Register for <<Program Name>> now to set and reach your health goals. Whether your goal is to have more energy, lose weight, manage stress, or improve your diet, <<Program Name>> can help you. While you improve your health, you can also earn <<enter client-specific rewards here>>!



company
LOGO
HERE

HOW TO REGISTER

- » Visit <<connect.simplywell.com>> or the SimplyWell app
- » Click **Register**
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: <<program identifier>>
- » Enter the registration code: <<registration code>>

EXPLORE TO LEARN MORE

Find resources to help build healthy habits for a lifetime, or start a Peer Challenge to spark a little competition among your co-workers! Log on now at <<connect.simplywell.com>> or the SimplyWell app.

mha & bio screenings new hire flyer

How to use:

The new hire flyer welcomes newly hired employees to the company and invites them to participate in the wellness program. It includes information regarding the Member Health Assessment (MHA), Biometric Screening, and any incentives that may be earned through the program.

Who it's for:

New-hire employees



WELCOME TO WELL-BEING

Welcome aboard! As a <<Company Name>> employee, you can participate in the free and voluntary <<Program Name>> wellness program. Let's start your well-being journey!

STEP 1: Member Health Assessment (MHA)

This quick and easy assessment asks lifestyle-related questions to help improve your overall health. Complete <<within XX days of hire date OR by date>>.

- Complete your MHA online when prompted during registration or later at <<connect.simplywell.com>> or the SimplyWell® app (download for free by searching "SimplyWell" in the App Store or Google Play)

STEP 2: Biometric Screening

Complete <<within XX days of hire date OR by date>> through one of these options:

Visit your physician

Log on to <<connect.simplywell.com>> or the SimplyWell mobile app and follow the prompts on the homepage under "Biometric Screening" to download the physician form. Visit your physician and have them complete the physician form. To submit your completed physician form to Quest, log on to <<connect.simplywell.com>> and follow the prompts on the homepage under "Biometric Screening."

- If you completed lab work with your physician after <<date>>, you may submit those results on the physician form.

Visit a local Quest Patient Service Center

Log on to <<connect.simplywell.com>> or the SimplyWell mobile app and follow the prompts on the homepage under "Biometric Screening" to schedule an appointment at a Quest Patient Service Center (operating hours: Monday – Friday 7 a.m. to 8:30 p.m. CST; Saturday 7:30 a.m. to 4 p.m. CST).

- If your height, weight, and blood pressure aren't measured at your visit, please call SimplyWell at 888-848-3723 to self-report this information.

Complete an At-Home Test

Log on to <<connect.simplywell.com>> or the SimplyWell mobile app and follow the prompts on the homepage under "Biometric Screening" to request your At-Home Test. Quest will mail you a test to complete at home. Follow the instructions to submit the completed test by mail to Quest for evaluation.

- **Required for completion:** Call SimplyWell at 888-848-3723 to self-report your height, weight, and blood pressure.

STEP 3: Additional Requirements

QUESTIONS? Call SimplyWell at 888-848-3723.

REWARD

Complete your <<Program Requirements>> by the complete-by dates to receive <<XX incentive>>.



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All programs are confidential and HIPAA-compliant. Any information shared with the SimplyWell team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

mha & bio screenings

biometric screening overview

How to use:

The Biometric Screening overview can be used to encourage program members to sign up for an on-site Biometric Screening event by informing them about the importance of the screening and providing instructions to guide them through the registration process.

Who it's for:

All employees



BIOMETRIC SCREENING OVERVIEW/SIGN-UP FLYER

How Does Your Health Measure Up?

When it comes to your health, what you don't know could hurt you. That's why Biometric Screenings are so important. They provide valuable metrics to help you know where your health stands today, and what metrics you can improve in the future.

15 Minutes Could Change Your Health

Biometric Screenings are quick and provide you with all the information you need to begin making healthier choices, including:

- » Total cholesterol
- » HDL cholesterol
- » LDL cholesterol
- » Triglycerides
- » Blood glucose
- » Blood pressure
- » Height/Weight
- » Body Mass Index
- » Waist circumference

And you don't have to worry about your employer seeing your protected health information. All our screenings are confidential and compliant with all HIPAA regulations.

Sign up Now!

If you're serious about building a healthier lifestyle, get started by signing up for a free on-site Biometric Screening.

- » Log into connect.simplywell.com or the SimplyWell® mobile app
- » Select the notifications icon
- » Select an event
- » Follow the prompts to sign up

You can also sign up by contacting the SimplyWell Health Center at 888-848-3723.

IMPORTANT: Please do not eat or drink anything for at least nine hours before your screening (with the exception of water and prescribed medications). This will help to ensure the accuracy of your results.

Note: Depending on your method of testing or location of on-site screening, not all metrics may be included.

mha & bio screenings

biometric screening

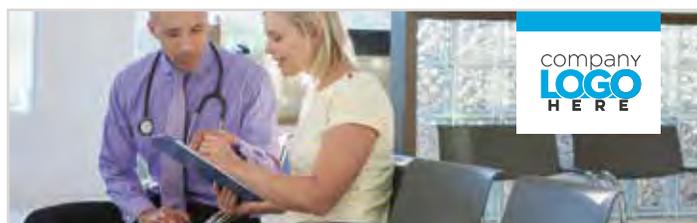
faq

How to use:

The Biometric Screening FAQ addresses concerns regarding the Biometric Screening, identifies how the member should prepare for the screening, and provides answers to some of the most commonly asked questions.

Who it's for:

All employees



BIOMETRIC SCREENING FAQ

Attending your first Biometric Screening doesn't have to be confusing or intimidating. We've assembled a few frequently asked questions to help you prepare and gain a better understanding of the process.

What's a Biometric Screening?

A Biometric Screening is a short, 15 minute exam that provides you with a snapshot of your current health, including measurements for cholesterol, glucose, and more. Once complete, your results will be displayed on the Profile section of connect.simplywell.com or the SimplyWell® mobile app.

Will the blood test hurt?

Our finger stick method is performed by highly trained health professionals, and designed to minimize any pain or discomfort you may feel.

Why can't I eat nine to 12 hours before the screening?

Glucose and cholesterol levels can be affected by eating before the screening. To ensure accuracy, we recommend that you avoid eating or drinking anything other than water and prescribed medications nine to 12 hours before your screening.

Can I exercise before my screening?

Exercising before your screening could affect your blood pressure and LDL levels. That's why we recommend avoiding physical activity for at least 24 hours before your screening.

How accurate are my results?

SimplyWell goes to great lengths to ensure the accuracy of your results. In addition to using trained and experienced screening professionals, we also conduct internal reliability studies on testing equipment and supplies and meet all National Cholesterol Education Program guidelines.

Are my results confidential?

Yes. We do not share your personal health information with anyone, including your employer.

Note: These screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement.

888-848-3723
connect.simplywell.com

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mha & bio screenings alternative screening flyer

How to use:

The alternative screening flyer provides details regarding each of the various Biometric Screening alternatives. This flyer can be especially useful to employees who may have missed an on-site screening event. It describes each screening alternative and provides instructions on how to complete each option.

Who it's for:

All employees



BIOMETRIC SCREENING KNOW YOUR NUMBERS

A Biometric Screening is an important step in understanding your current health and any risk factors you may have. Once complete, you will receive details about your overall health, including cholesterol (total, LDL, and HDL), glucose, blood pressure, and other vital measurements.

You may complete your screening through [the following option](#) or [one of the following options](#):



OPTION 1: Attend an onsite screening

Log on to [connect.simplywell.com](#) or the SimplyWell® mobile app and follow the prompts on the homepage under "Biometric Screening" to sign up for an upcoming Quest® Diagnostics onsite screening at your work location.



OPTION 2: Visit a local Quest Patient Service Center

Log on to [connect.simplywell.com](#) or the SimplyWell mobile app and follow the prompts on the homepage under "Biometric Screening" to schedule an appointment at a Quest Patient Service Center (operating hours: Monday – Friday 7 a.m. to 8:30 p.m. CST; Saturday 7:30 a.m. to 4 p.m. CST).

- If your height, weight, and blood pressure aren't measured at your visit, please call SimplyWell at 888-848-3723 to self-report this information.



OPTION 3: Visit your physician

Log on to [connect.simplywell.com](#) or the SimplyWell mobile app and follow the prompts on the homepage under "Biometric Screening" to download the physician form. Visit your physician and have them complete the physician form. To submit your completed physician form to Quest, log on to [connect.simplywell.com](#) and follow the prompts on the homepage under "Biometric Screening."

- If you completed lab work with your physician after [cdate](#), you may submit those results on the physician form.



OPTION 4: Complete an At-Home Test

Log on to [connect.simplywell.com](#) or the SimplyWell mobile app and follow the prompts on the homepage under "Biometric Screening" to request your At-Home Test. Quest will mail you a test to complete at home. Follow the instructions to submit the completed test by mail to Quest for evaluation.

- **Required for completion:** Call SimplyWell at 888-848-3723 to self-report your height, weight, and blood pressure.

Questions? Call SimplyWell at 888-848-3723.

Note: All programs are confidential and HIPAA-compliant. Any information shared with the SimplyWell team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

mha & bio screenings screening: what to do next flyer

How to use:

The what to do next flyer can be used to keep members engaged in the wellness program after they have completed the Biometric Screening requirement. It congratulates members for completing the screening and provides information about additional program activities they can complete.

Who it's for:

Employees who have completed the Biometric Screening



**BIOMETRIC SCREENING ...
DONE. NOW WHAT?**

CONGRATS!

Completing your Biometric Screening is a great first step to a healthier you. Keep the momentum going! But first—if you haven't already—register for the wellness program.

» Visit connect.simplywell.com or the SimplyWell® mobile app, select **Register**, and enter:
Identifier: [<<identifier>>](#) and **Registration Code:** [<<registration code>>](#)

WHAT'S NEXT

Get the App
Take wellness with you on the go! Download the SimplyWell app for free by searching "SimplyWell" in the App Store or Google Play.

Member Health Assessment (MHA)
Complete your MHA online when prompted during registration or later at connect.simplywell.com or the SimplyWell app. Complete by [<<Date>>](#) to earn credit toward the [<<incentive>>](#).

Track Your Incentive Progress
Select **Rewards** and then **Incentives** on connect.simplywell.com or the SimplyWell app to track your wellness program progress.

Sign Up for Fun
A ton of fun activities, educational content, challenges, and social features await on connect.simplywell.com. Qualify for incentives or rewards by completing different program activities.

Care
Select **Well-being** then **Care** on connect.simplywell.com to manage your Preventive Care services and report any health conditions.

Questions?
Call SimplyWell at 888-848-3723.

Note: All programs are confidential and HIPAA-compliant. Any information shared with the SimplyWell team will not be disclosed except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

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financial wellness flyer

How to use:

This flyer can be used to promote the financial well-being activities within the wellness portal and mobile app, including the financial assessment, educational resources, calculators, and financial dashboard.

Who it's for:

All employees

featured wellness flyer

How to use:

This flyer can be used to promote the education articles and videos within the wellness portal and mobile app, which offer relevant information on different aspects of well-being and resources for healthy lifestyle changes and managing conditions.

Who it's for:

All employees



company
LOGO
HERE

FINANCIAL WELLNESS MADE EASY

Finances are one of the primary stressors leading to health problems and work absenteeism. The **<<Wellness Program Name>>** wellness program offers the guidance and tools you need to keep financial stress at bay.

Select **Well-being** then **Lifestyle** on connect.simplywell.com to get started today!

assessments
Gauge your financial status with a financial health assessment that analyzes your finances to positively impact your financial future.

education
Retirement, college, saving, credit, debt, taxes—you're covered with 24/7 access to interactive, educational resources, as well as financial articles and tutorials.

calculators
Understand if you're saving correctly and learn how to make informed decisions with helpful calculator tools.

financial dashboard
Link your accounts and organize your spending and savings in one portal with the interactive, automated dashboard.



Learn more:
Visit connect.simplywell.com
or call 888-848-3723.


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company
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YOU CAN NEVER KNOW TOO MUCH ABOUT YOUR HEALTH

What's a triglyceride? Why does blood pressure matter? What does COPD stand for? Why do you need a skin cancer screening? When you need answers about your health, you need them fast.

As a **<<Program Name>>** wellness program member, you have free access to many informative articles and videos to help you gain a better understanding of your health metrics and discover new ways to improve your well-being.

CONVENIENTLY LOCATED
Educational materials are seamlessly incorporated into **Numbers** and **Care** on connect.simplywell.com and the SimplyWell® mobile app to provide you with relevant information where and when you need it.



**FEATURED CONTENT:
ARTICLES**

Learn about your health metrics, Preventive Care exams, and more. Featured Content: Articles give you the information you need to make healthy lifestyle changes.



**FEATURED CONTENT:
VIDEOS**

Quick and informative educational videos provide you with simple tips, guided information, and the support you need to make healthier decisions.

TRY IT TODAY
Log in to connect.simplywell.com or the SimplyWell mobile app today and explore this educational content for yourself.
Questions? Call 888-848-3723.


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financial wellness postcard

How to use:

This postcard can be used to build awareness about the financial well-being resources within the wellness portal and mobile app, including the assessment, calculators, educational resources, and dashboard.

Who it's for:

All employees

Front



Back



pregnancy flyer

How to use:

The pregnancy flyer can be used to help guide pregnancy program members through their pregnancy and provides instructions on how to access the educational resources available on the wellness portal and mobile app.

Who it's for:

Pregnant wellness program members



PREGNANCY PROGRAM

<<Company Name>> has partnered with SimplyWell®, a wellness program provider, to deliver a fun and engaging experience to help you create or maintain a healthy lifestyle. If you are pregnant, <<program name>> offers great resources to you!

FEATURED CONTENT

<<Program name>> includes access to a number of educational resources—including articles and videos—to help guide you through your pregnancy.

ACCESS IS EASY!

Log on to <<connect.simplywell.com>> and select **Rewards** to access these educational resources.

Questions?

Contact SimplyWell at 888-848-3723.



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preventive care postcard

Men

How to use:

The preventive postcard for men encourages men to complete recommended gender-based Preventive Care services and exams.

Who it's for:

Male program members

Women

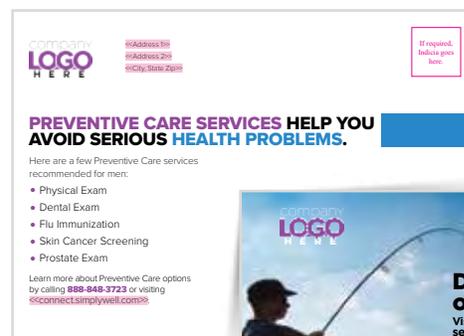
How to use:

The preventive postcard for women encourages women to complete recommended gender-based Preventive Care services and exams.

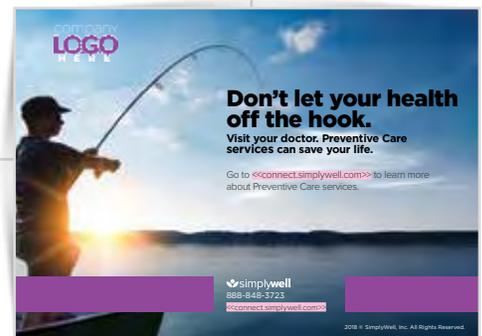
Who it's for:

Female program members

Front



Back



Front



Back



preventive care flyer

How to use:

The Preventive Care flyer can be used to remind program members to complete the Preventive Care program requirement (if applicable) and provide gender-based recommendations for exams and services.

Who it's for:

All employees



PREVENTIVE CARE RECOMMENDATIONS

Regular Preventive Care can help find problems before they start—or early on, when chances for treatment and cure are better. Your specific Preventive Care services will vary depending on your age, health, family history, and lifestyle, so consult with your physician.

Report completion of your [three](#) services at [connect.simplywell.com](#) or the SimplyWell® app to [earn program points](#).

Preventive Care Compliance †

Gender-specific recommendations

 Male	 Female
Physical Exam	Physical Exam
Dental Exam	Dental Exam
Prostate Exam	Well Woman Exam/Pap Test
Influenza Vaccine (Flu Shot)	Influenza Vaccine (Flu Shot)
Skin Cancer Screening	Eye Exam
Eye Exam	Skin Cancer Screening
Pneumonia Vaccine (Pneumococcal Vaccine)	Pneumonia Vaccine (Pneumococcal Vaccine)
Shingles Vaccine (Herpes Zoster)	Shingles Vaccine (Herpes Zoster)
Fecal Occult Blood Test (Stool Test)	Mammogram
Prostate-specific Antigen Test (PSA Test)	Fecal Occult Blood Test (Stool Test)
Colonoscopy	Colonoscopy
Osteoporosis Screen (Bone Density Test)	Osteoporosis Screen (Bone Density Test)

Look-back Period (all): [Standard 1-year back from Program Start Date, if applicable](#)

† The SimplyWell Medical Advisory Board supports these proactive Preventive Care compliance recommendations, provided by recognized specialty medical organizations. Preventive Care compliance recommendations do not take into account health plan benefits or personal and/or family health and medical history.

Questions?

Contact our wellness partner at 888-848-3723.

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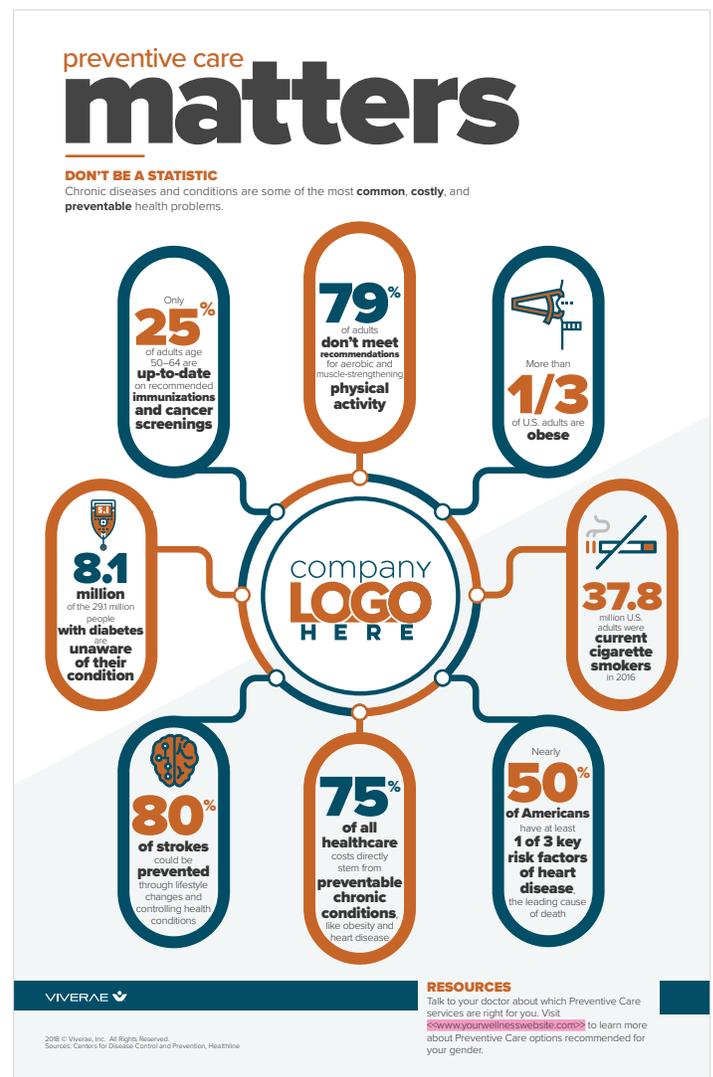
preventive care infographic

How to use:

The Preventive Care infographic can be used to remind program members to complete the Preventive Care program requirement (if applicable) and provide gender-based recommendations for exams and services.

Who it's for:

All employees



employer challenge flyer

How to use:

The Employer Challenge flyers may be used to promote an upcoming and/or current Employer Challenge. Each flyer describes the purpose of the challenge, why it's important, and how to sign up and track progress. It also includes relevant dates and deadlines.

Who it's for:

All employees



SNOOZE FOR 7 CHALLENGE

Sleep tight and wake up bright.

Most adults need at least seven hours of sleep per night, but many don't even come close to that on a regular basis. Want to help keep high blood pressure, obesity, and depression away? Hit the hay!



CHALLENGE DATES:

Sign-up: <<Date - Date>> Challenge Runs: <<Date - Date>>



HOW IT WORKS:

Get one challenge point for every night you sleep for seven or more hours.

The goal: reach 168 hours of sleep by the end of the four-week challenge to earn <<XXX>> wellness program points.

Daily max hours: 9 per day.



Register and track your progress on <<connect.simplywell.com>> or the SimplyWell® mobile app under the **Well-being** section. You can also track your progress using an app or device.

*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Questions about this challenge or your wellness program? Call 888-848-3723.



5 A DAY CHALLENGE

Freshen up your plate with the 5 a Day Challenge.

If you're not eating 2 cups of fruit and 2 1/2 cups of veggies every day, you might not be getting all the vitamins and minerals you need. But only do these antioxidant-rich, low-calorie foods keep you healthy, they also help fill you up by adding fiber to your meals or snacks.*



CHALLENGE DATES:

Sign-up: <<Date - Date>> Challenge Runs: <<Date - Date>>



HOW IT WORKS:

You get one challenge point for each serving of fruit or vegetable you eat, up to five points per day.

Not sure how to measure one serving? Stick to 1 cup of fresh fruit like a small apple, or fresh juice, or 1/2 cup of dried fruit like a small box of raisins.

For vegetables, look for 1 cup of raw or cooked vegetables like an ear of corn, 1 cup 100 percent vegetable juice, or 2 cups of raw, leafy vegetables, such as a small salad.

The goal: reach 100 challenge points to earn <<XXXX>> wellness program points.

Daily max savings: 10 per day.



Register and track your progress on <<connect.simplywell.com>> or the SimplyWell® mobile app under the **Well-being** section.

*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Questions about this challenge or your wellness program? Call 888-848-3723.



KICK THE CAN CHALLENGE

Kick sodas and sugary drinks to the curb.

Sodas can pack quite a punch. Are you ready to hit back? While eating healthy is important, so is drinking fluids that aren't full of sugar and empty calories. Research shows that drinking just one can of soda a day can lead to increased health risks. So it's time to kick those sodas and sugary drinks to the curb once and for all.*



CHALLENGE DATES:

Sign-up: <<Date - Date>> Challenge Runs: <<Date - Date>>



HOW IT WORKS:

Award yourself one challenge point for each day you avoid non-sugar-free or sugary beverages.

The goal: reach 20 challenge points to earn <<XXXX>> wellness program points.



Register and track your progress on <<connect.simplywell.com>> or the SimplyWell® mobile app under the **Well-being** section.

*Consult your physician before beginning a new physical activity or nutrition program, especially if you are a man over 40, woman over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Questions about this challenge or your wellness program? Call 888-848-3723.

peer challenge flyer

How to use:

This flyer can be used to encourage program members to start a Peer Challenge and invite others to participate. It also provides instructions to create, join, and track progress in Peer Challenges.

Who it's for:

All employees



PEER CHALLENGES

Think you can walk more steps than a braggy co-worker? Want to create a support group for kicking a soda habit? Are you just the competitive type? Then Peer Challenges on connect.simplywell.com or the SimplyWell® app are perfect for you!

Peer Challenges allow you to create a custom challenge for you and a peer or group of peers who are also part of your health management program.

Even better—you can earn credit toward your incentive by participating in a Peer Challenge!

CHALLENGE CREATION, SIGN-UP, AND TRACKING

Create, join, and track your progress and your competitors' progress from the *Well-being* section on connect.simplywell.com or the SimplyWell app.

Questions?

Contact SimplyWell at 888-848-3723.



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coaching overview flyer

How to use:

The coaching overview flyer provides a brief introduction to the SimplyWell coaching program, lets program members know they have access to a free and dedicated Health Coach, and includes contact information to help members get in touch with their Health Coach.

Who it's for:

All employees



HEALTH COACHING OVERVIEW

As a <<Program Name>> wellness program member, you have access to dedicated Health Professionals—at no cost to you!

SimplyWell Health Coaches

SimplyWell® certified Health Coaches are here to help you with your health and well-being, whether you want to lose weight, quit tobacco, begin an exercise routine, or understand results from your Biometric Screening and Member Health Assessment (MHA).

Health Coaches can also help you set and reach your health goals, keeping you accountable for progress and supporting you in your journey to well-being.

Privacy

All information shared is kept confidential. HIPAA guidelines are followed to protect your personal health information.

CONTACT YOUR HEALTH COACH

It's easy—simply call the SimplyWell Health Center at 888-848-3723 or send a secure message through <<connect.simplywell.com>> or the SimplyWell mobile app.

Complete <<XX>> coaching sessions by <<Date>> to meet your coaching requirement.

coaching faq flyer

How to use:

The coaching FAQ flyer can be used to encourage program members to contact their dedicated Health Coach by answering some of the most common questions about the coaching program.

Who it's for:

All employees



HEALTH COACHING FAQS

As a <<Program Name>> wellness program member, you have access to a dedicated Health Coach. SimplyWell® certified Health Coaches are standing by to help you reach your wellness goals.

- » **What is a coaching session?** A no-cost exchange via phone or secure message between you and a SimplyWell health professional that focuses on health-related topics.
- » **Is my information private?** Yes, all information shared is kept confidential. HIPAA guidelines are followed to protect your personal health information.
- » **Why is coaching important?** Coaching helps you set and reach your health goals. It keeps you accountable for progress and supports you in your journey to well-being.
- » **What qualifies as a coaching session?** If you've communicated with a SimplyWell health professional via phone or secure message about setting goals, requesting health updates, <<reviewing Biometric Screening information>> or discussing anything related to your health and well-being, you have participated in a coaching session. Once you've completed a session, the health professional you talk with will log your interaction, so your wellness website or the SimplyWell mobile app will show you've completed a coaching session.
- » **How do I meet coaching requirements?** Complete <<XX>> coaching sessions by <<Date>> to meet your requirement.
- » **How long does a phone coaching session last?** Sessions are typically scheduled for 30 minutes and last an average of 15-20 minutes.
- » **Other than via phone, how can I complete a coaching session?** You can complete a coaching session via secure message through your wellness website or the SimplyWell mobile app, which ensures all information shared is kept confidential.
- » **Can I complete a coaching session after I have met my program's coaching requirements?** Yes, you may continue to participate in coaching sessions throughout your wellness program plan year.

CONTACT YOUR HEALTH COACH

Call the SimplyWell Health Center at 888-848-3723 or send a secure message through <<connect.simplywell.com>> or the SimplyWell mobile app.

You have access to a dedicated Health Coach at no cost to you!

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condition management overview

How to use:

The Condition Management overview flyer can be used to inform program participants about the Condition Management program. It lists each of the 22 chronic conditions that the program covers, and provides an overview of the program.

Who it's for:

All employees



TAKE CHARGE OF YOUR HEALTH WITH CONDITION MANAGEMENT

Living with a long-term health condition can be difficult. We're here to help you manage your condition and overall wellness.

OUR PROGRAM COVERS 22 CONDITIONS:

- » Acid Reflux
- » Asthma
- » Atrial Fibrillation
- » Chronic Obstructive Pulmonary Disease (COPD)
- » Congestive Heart Failure
- » Coronary Artery Disease (CAD)
- » Crohn's Disease
- » Diabetes Type 1
- » Diabetes Type 2
- » Diverticulitis
- » Heart Attack
- » High Blood Pressure
- » High Cholesterol
- » Irritable Bowel Syndrome
- » Lower Back Pain (Chronic)
- » Migraine Headaches
- » Obesity
- » Osteoarthritis
- » Osteoporosis
- » Sleep Apnea
- » Stroke/TIA
- » Ulcerative Colitis

This program is not meant to replace your physician's treatment plan. If you manage more than one long-term condition, a SimplyWell® Health Coach can assist you in managing your conditions.

condition management flyers

How to use:

Each of the 22 condition flyers addresses a specific chronic condition covered in the Condition Management program. They can be used to promote the Condition Management program by providing general information about the condition and describing how the Condition Management program and care plan can help members manage the condition.

Who it's for:

All employees



OSTEOPOROSIS

Osteoporosis is a form of bone disease that is identified by low bone mass and structural deterioration of bone tissue, making bones weak and more likely to break. Anyone can develop osteoporosis; however, it is typically common in older women and those with a family history of osteoporosis.

How can the Condition Management program help me?

If you have been identified with osteoporosis, you'll be assigned a Health Coach who specializes in your condition. The SimplyWell® clinical team of physicians, nurses, and registered dietitians regularly monitor changes in the standard of care guidelines, so your care plan is always up to date with the latest treatment and management methods. When you enroll in the Condition Management program, your Health Coach prepares a care plan specifically for you, and will work with you to manage your condition and health.

What will my osteoporosis care plan help me with?

- Consulting with a physician on recommended actions
- Understanding the lifestyle risk factors for osteoporosis
- Obtaining a bone density test
- Determining if medications are needed
- Exercising as directed by a physician
- Learning dietary changes you can make

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MIGRAINE HEADACHES

A migraine headache is a condition that causes intense pounding pain in the head, and can lead to nausea, vomiting, and other symptoms that vary per person. They are commonly caused by excess stress or anxiety. Other types of headaches include tension headaches, cluster headaches, rebound headaches, and sinus headaches.

How can the Condition Management program help me?

If you have been identified with migraine headaches, you'll be assigned a Health Coach who specializes in your condition. The SimplyWell® clinical team of physicians, nurses, and registered dietitians regularly monitor changes in the standard of care guidelines, so your care plan is always up to date with the latest treatment and management methods. When you enroll in the Condition Management program, your Health Coach prepares a care plan specifically for you, and will work with you to manage your condition and health.

What will my migraine headaches care plan help me with?

- Understanding what triggers your headaches
- Learning more about the symptoms you experience and when you should contact your healthcare provider
- Taking to your healthcare provider to find out what treatment options may be helpful
- Beginning a smoking-cessation program or talking with your healthcare provider about ways to quit smoking
- Discussing with your healthcare provider if medications are needed to help you manage your migraine headaches
- Talking to your healthcare provider or employee assistance program if you experience symptoms of depression or anxiety

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DIABETES TYPE 2

Insulin is a hormone found in the pancreas that is required to help blood glucose (or "sugar") enter the cells of the body to be used for energy. In Type 2 diabetes, the pancreas does not make enough insulin or the body is unable to use insulin effectively. This can cause many of the same symptoms of Type 1 diabetes, as well as blurred vision, tingling in extremities, cuts that are slow to heal, and infections.

How can the Condition Management program help me?

If you have been identified with Type 2 diabetes, you'll be assigned a Health Coach who specializes in your condition. The SimplyWell® clinical team of physicians, nurses, and registered dietitians regularly monitor changes in the standard of care guidelines, so your care plan is always up to date with the latest treatment and management methods. When you enroll in the Condition Management program, your Health Coach prepares a care plan specifically for you, and will work with you to manage your condition and health.

What will my diabetes care plan help me with?

- Consulting with a physician on recommended actions
- Understanding the difference between Type 1 and Type 2 diabetes
- Learning dietary changes you can make
- Setting a weight loss goal, if recommended by your physician
- Exercising as directed by a physician
- Being aware of the signs and symptoms of Type 2 diabetes

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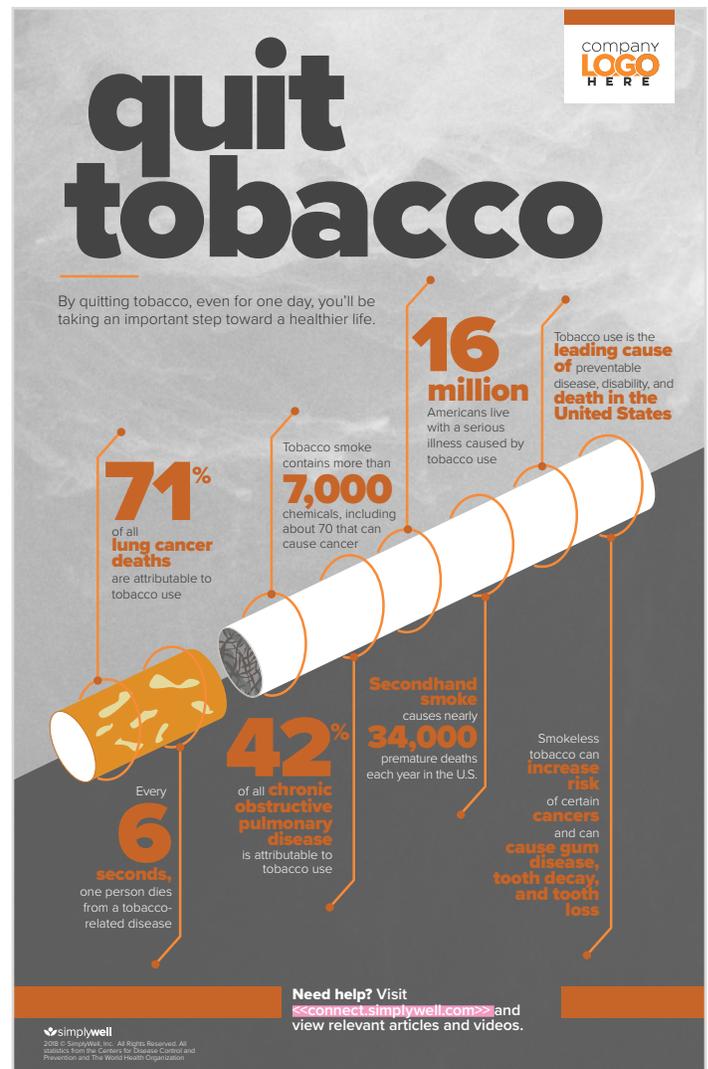
tobacco infographic poster

How to use:

The tobacco infographic poster can be used to help encourage employees who use tobacco products to consider quitting. It presents numerous statistics that emphasize the importance of quitting and guides employees to educational content that can help them begin.

Who it's for:

All employees



tobacco

why to stop smoking flyer

How to use:

This flyer can be used to encourage employees who want to quit smoking to seek help using the wellness program's free resources, including Health Coaching and Nicotine Replacement Therapy (NRT) products.

Who it's for:

All employees



ARE YOU READY TO QUIT SMOKING FOR GOOD?

It's no secret that smoking is bad for you. Not only is it directly linked to many forms of cancer, but it can also increase the risk of chronic health conditions like heart disease, stroke, emphysema, and more.

IT'S NEVER TOO LATE TO QUIT

If you're a smoker, quitting could be the best thing you do to improve your health. But it won't be easy. That's why [«program name»](#) has many resources available to help you stop smoking for good.

SUPPORT WHEN YOU NEED IT

Your personal SimplyWell® Health Coach is available to offer sound professional advice, practical suggestions, and encouragement when you need it. To engage your coach, please call 888-848-3723 or send a secure message through [«connectsimplywell.com»](#) or the SimplyWell mobile app.

WHAT YOU NEED TO KNOW ABOUT NRT PRODUCTS

Nicotine Replacement Therapy (NRT) products, including patches, gum, and lozenges, can provide nicotine in a safe way that reduces withdrawal symptoms like irritability, nervousness, and nausea as your body slowly adjusts. Many NRT products can be purchased without a prescription.

Note: NRT products are less expensive when acquired through [«program name»](#).

apps & devices

How to use:

These flyers encourage members to sync their compatible mobile health apps and fitness devices to the wellness portal so they can track their health and participate in Apps & Devices Challenges. They also link to the MyAppsAndDevices.com website, so program members can check compatibility.

Who it's for:

All employees



SYNC YOUR DEVICE AND GET MOVING!

Did you know, most popular health apps and devices can sync up with your wellness portal? These seamless integrations can transform the portal into an invaluable resource as you track and manage your health and participate in Employer and Peer Challenges.

You can also earn incentive points toward your wellness program by syncing an app or device daily and tracking your steps. You can earn <<xx>> points for each <<xx>> steps that you take while using a compatible synced app or device, for up to a total of <<xx>> incentive points.

Sync your Apple Health app or Apple Watch using the SimplyWell® mobile app.

Sync your other apps and devices, visit connect.simplywell.com:

- » Select the **Preferences** icon in the top right corner
- » Select **Apps & Devices**
- » Select the “+” icon
- » Follow the prompts to sync your app or device

Visit MyAppsAndDevices.com to verify your app or device is compatible.

Questions?

Contact our wellness partner at 888-848-3723.



APPLE USERS SYNC YOUR ACTIVITY WITH APPLE HEALTH

Keeping track of your steps and physical activity is easier than ever thanks to the free, built-in Apple Health app for the Apple Watch and iPhone. And now you can sync that health and fitness data into your wellness portal, giving you one convenient place to track and manage all your relevant health information.

You can also earn incentive points toward your wellness program by syncing Apple Health to your device and participating in step challenges.

Earning points in the program is easy and fun. You can earn incentive points for each <<xx>> steps you take using your synced device, for up to a total of <<xx>> incentive points.

Syncing Apple Health is Easy

- Log in to the SimplyWell® mobile app with your compatible iOS device
- Select the **Preferences** icon
- Select **Apps & Devices**
- Select **Apple Health**
- Scroll down and tap **Connect**

Syncing your device takes only seconds! Once complete, you'll be able to easily track your steps and activity directly through your wellness portal and the SimplyWell mobile app.

Questions?

Contact our wellness partner at 888-848-3723.



250K STEPS SYNC YOUR DEVICE AND GET MOVING!

Get connected and get active by logging 250,000 steps on your app or device.

Whether you want to release stress with a walk, get in cardio by jogging, or work toward weight-management goals with a run, there are many ways to get active. Whichever you choose, getting active is a great way to lead a healthy lifestyle.

BENEFITS

Regular physical activity can help you:

- Maintain a healthy weight
- Lower your risk of some chronic diseases
- Help strengthen your bones and muscles

Now, you can keep track of how far you go! Some of our compatible devices include Fitbit and Garmin, as well as apps like MyFitnessPal and Moveit.

Sync a compatible health app or device and then get moving! Check if your device will work here: MyAppsAndDevices.com

Once you've set up, you can earn <<xx>> program points for every 250,000 steps, up to a total of <<xx>> steps.

Register and track your progress on connect.simplywell.com or the SimplyWell® mobile app under the **Well-being** section.

TIP: If you're using an Apple Watch, sync your Apple Health app using the SimplyWell mobile app.

*Consult your physician before a new physical activity program, especially if you are a man over 40, women over 50, or if you experience chronic health problems, such as heart disease, diabetes, or obesity.

Get moving today!

Questions about your wellness program? Call 888-848-3723.

reminders

reminder postcard

How to use:

This postcard can be sent some time during the program year to encourage program members to complete the program. It highlights some of the activities they can complete to earn credit and any incentives (if applicable).

Who it's for:

All employees

Front



Back



reminders

reminder flyer

How to use:

The reminder flyer can be used during the program year to encourage program members to complete the program. It highlights some of the activities they can complete to earn credit and any incentives (if applicable).

Who it's for:

All employees



**IT'S NOT TOO LATE
GET MOVING!**

There's still time to make your health a priority and participate in [«Program Name»](#)!

Reaching your goal is possible! Here are a few ways to become a healthier you:

- » Start your Health Profile by completing the Member Health Assessment (MHA)
- » Complete your Biometric Screening to learn where your health stands now
- » Complete Preventive Care exams to take control of your health
- » Take part in educational Featured Content to learn how to maintain your health
- » Join an Employer Challenge and actively lead a healthy lifestyle
- » Challenge your peers with a Peer Challenge to get active, stay accountable, and provide support

Questions?
Call 888-848-3723 to speak to a SimplyWell® health professional, or log on to [«connect.simplywell.com»](#) for more information.

Note: All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the SimplyWell team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.


888-848-3723
[«connect.simplywell.com»](#)

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reminders

end-of-year flyer

How to use:

These flyers can be used at the end of the year to remind program members to complete their program requirements. They also highlight some of the activities they can complete to earn credit and any incentives (if applicable).

Who it's for:

All employees

Flyer



YOU ARE ALMOST THERE

You've been working hard to reach the <<Program Name>> point goal, and you're almost there! If you reach <<XX>> points by <<date>>, you'll earn <<incentive>> for <<year>>.

Here are a few ways to help you reach your point goal:

- » Complete your Member Health Assessment (MHA), Biometric Screening, and Preventive Care requirements (if you haven't already)
- » Create a Peer Challenge for you and your co-workers to get active, stay accountable, and have fun!
- » View educational videos and articles to learn how to maintain a healthy lifestyle

Log on to <<connect.simplywell.com>> or the SimplyWell® app and navigate to **Rewards** to see what actions are required and how you can earn additional points before the program deadline.

Have questions about the program?

Call 888-SimplyWell (848-3723) to speak to a SimplyWell health professional, or log on to <<connect.simplywell.com>> for more information.

Note: All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the SimplyWell team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

888-848-3723 <<connect.simplywell.com>>

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Postcard

REACHING <<XX>> POINTS IS POSSIBLE!

You've been working hard to reach the <<Program Name>> point goal, and you're almost there!

If you reach <<XX>> points by <<date>>, you'll earn <<incentive>> for <<year>>.

Here are a few ways to help you reach your point goal:

- Complete your Member Health Assessment (MHA), Biometric Screening, and Preventive Care requirements (if you haven't already)
- Create a Peer Challenge for you and your co-workers to get active, stay accountable, and have fun!
- View educational videos and articles to learn how to maintain a healthy lifestyle

Log on to <<connect.simplywell.com>> or the SimplyWell® app and navigate to **Rewards** to see what actions are required and how you can earn additional points before the program deadline.

Learn more: <<connect.simplywell.com>> 888-848-3723

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lobby tv screens

How to use:

Lobby screens can be used on screens throughout the workplace to promote the wellness program and encourage participation in various program activities, including the MHA, Biometric Screening, Preventive Care, and Employer Challenges.

Who it's for:

All employees

HAVE YOU COMPLETED YOUR

MEMBER HEALTH ASSESSMENT (MHA)?

The MHA asks questions about specific lifestyle habits, including your health, activity, and nutrition.

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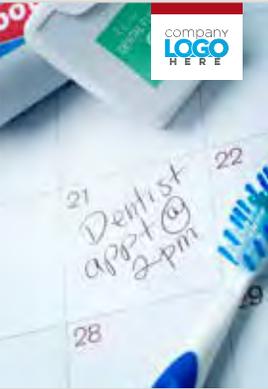
company
LOGO
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HAVE YOU COMPLETED YOUR

PREVENTIVE CARE?

Regular Preventive Care can help find problems before they start—or early on, when chances for treatment and cure are better.

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company
LOGO
HERE

IT'S NOT TOO LATE

GET MOVING!

There's still time to make your health a priority and participate in the <<Program Name>> wellness program!

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company
LOGO
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