

WHO'S
YOUR
REASON?

LivingWell for those
you love

Welcome to the new *LivingWell* program with StayWell!

**Think of your future — any day, month, or year —
and imagine your ideal physical and emotional health.**

KEHP's LivingWell program is here to help you meet your goals in 2020 and StayWell®, our new well-being partner, provides you with tools and resources to help you achieve your ideal vision.

It Pays to Get Healthy

We know that living a healthy lifestyle isn't always easy. That's why the LivingWell program offers incentives as a reward to encourage you along the way. Beginning in January 2020, you can earn incentives through StayWell® by completing your LivingWell Promise and engaging in activities.

- **LivingWell Promise incentive:** Earn \$480 a year (\$40 per month) in premium discounts in 2021 when you complete your health assessment or biometric screening.
- **LivingWell engagement incentives:** Earn up to \$200 a year in additional incentives for engaging in a health and wellness activity through StayWell®. You can earn gift cards for activities like getting your annual flu shot, completing education sessions, participating in health coaching, or completing step goals.



Get engaged in activities focused on your physical, emotional, social, and financial well-being.



 STAYWELL®