

Living Well 2020



Quick Guide

Ready to join this year's pursuit of improved well-being and great incentives? With the new wellness platform, it's easier than ever to live well, whatever—or whoever—your reason is to do so.

2020 PROGRAM HIGHLIGHTS

- **New Wellness Platform:** Sign-up today at KEHPlivingwell.com.
- **LivingWell Promise Incentive:** Up to a \$480 premium discount in 2021 for completing by July 1, 2020.
- **LivingWell Engagement Incentive:** Up to \$200 in incentives; even health plan Waivers can now participate!
- **New Features:** Goal tracking, E-learning, Health Coaching, and more.

SIGN-UP AT KEHPLIVINGWELL.COM

Want access to all of the exciting new program features and resources? Think you'd enjoy up to \$200 to spend on fun incentives? You can have it all! But first, you'll need to set up a new account at KEHPlivingwell.com. Anyone eligible for a KEHP Health Plan, including Waivers, can earn these incentives.

1. Click Sign Up in the upper right corner.
2. Select the Affiliation that best matches for you.
3. Enter your Date of Birth.
4. Enter your Unique ID. This will be your social security number.
5. Enter your First and Last Name and Email Address (NOTE: Your email address will be your Username).
6. Choose a Password and Verify it.
7. Accept the Terms of Service.
8. Click the Sign Up button to complete.

Download the My StayWell mobile app!

Most of the features of the online portal are available “to go” on the mobile app, as well! To download it:

1. Search for “My StayWell” in the App Store or on Google Play.
2. Provide your username and password from the KEHPlivingwell.com site.
3. Sign In.



Sync your tracking device!

Most major device trackers are compatible with the **KEHPlivingwell.com** platform.

To sync a device:

1. Click the transmitter icon in the upper right navigation.
2. Select "Sync Devices/Apps".
3. Select "Choose Source" and then select the source you'd like to connect.
4. Enter the login credentials for your selected device/app.

EARN YOUR LIVINGWELL PROMISE INCENTIVE

Earn up to \$480 a year (\$40 per month) in premium discounts in 2021 when you complete a health assessment or biometric screening between January 1 and July 1, 2020. This incentive is available only to employees and retirees enrolled in a KEHP Health Plan.

Health assessment: Complete this 10-minute online questionnaire at **KEHPlivingwell.com**.

Biometric screening: You have three options for this checkup with a health care provider.

- Onsite Screening
- LabCorp
- Biometric Screening Form

More details can be found at **KEHPlivingwell.com** or through your local Health Department.

NOTE: To earn the LivingWell Promise incentive, you must be enrolled in a KEHP Health Plan.

EARN YOUR LIVINGWELL ENGAGEMENT INCENTIVES

Earn up to 200 points redeemable for up to \$200 a year in gift cards and merchandise for participating in health and well-being activities through StayWell®.

- Earn incentives for improving your **physical, emotional, social, and financial** well-being!
- You must sign-up at **KEHPlivingwell.com** to participate.



Important Program Dates

LivingWell New Program Year Launch	January 1, 2020
Deadline to Fulfill the LivingWell Promise	July 1, 2020
Deadline to Earn LivingWell Engagement Incentives	December 31, 2020
Deadline to Redeem LivingWell Points for Rewards	December 31, 2020



Have more questions?

Contact the StayWell HelpLine! By email: KEHPlivingwell@staywell.com By phone: **866-746-1316**

Help Line hours are Monday – Thursday, 8am – 8pm; Friday, 8am – 6pm; and Saturday from 8am – 1pm (CST).